Roy Eugene Davis

STUDIES IN TRUTH

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Roy Eugene Davis

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PREFACE

The material in this book was first presented as a series of monthly lessons and were used by people all over America; for private study and in study groups. It is now believed that additional thousands of seekers will benefit by having the lessons assembled in one convenient volume.

I have written as clearly and directly as possible and Truth students both new and advanced may here find frequent inspiration and guidance.

There is no magical formula which will guarantee enlightenment. Steady contemplation of the Infinite and an unceasing yearning to know the Truth will eventually result in a clearing of both mind and consciousness so that the pure Light may shine. It is my hope that each one who is led to peruse this step-by-step series of lessons will, in this incarnation, know the ultimate Truth and be free.

Roy Eugene Davis

THE WAY TO SELF-REALIZATION

Jesus said, "I am the Way, the Truth and the Life." All men, if they are to be free must one day be able to affirm this same statement from the depths of their own Self-Realization.

As a Truth student you already intellectually know that you are a Divine Being, an individualization of Spirit. But, knowing this intellectually and, on the other hand, knowing it clearly through awakened intuition are two different things.

The Way is Open to All People

Every man and woman has the opportunity, in this incarnation, to realize Truth. To realize Truth I mean to fully understand the nature of God, the nature of the soul and the soul's relationship with all created things. In fact, if we do not come into this total realization, through enlightenment, we will not know true spiritual freedom.

The Way is open to anyone, regardless of race, creed or political interests. The universe is lawful, logical, and orderly. What works for one person will work for all. This is a basic point to remember.

To be a spiritual success we must abide by the rules by which success in any venture is experienced. Here are four things to consider:

1. *The Power of Decision:* You already inwardly know what the spiritual goal of life entails. Therefore, in a quiet place, free from distractions and surface thoughts, affirm like this, "In the full realization that the Way is open to me and all mankind I now make a definite decision to do what needs to be done in order that I might quickly awaken and clearly know the Truth about God, myself and my fellowman." With this heartfelt affirmation you have taken the first step in the direction of total enlightenment.
2. *Believe Always That You Can Attain:* After you have made the definite decision, then believe with heart and mind that you can, and will, attain the goal in this lifetime. This positive attitude is extremely important for it will keep you steady on the spiritual path in spite of any tests which might come.
3. *Do What You Can Do to Succeed:* Now, with your goal clearly in mind and your strong faith to sustain you, do what you can do to clear your mind and consciousness so that you can quickly reach enlightenment. In the lessons to follow, clear-cut instruction will be given so there will be no doubt in your mind as to what to do.
4. *Live in the Consciousness of God:* Try daily, moment by moment, to live in the consciousness of God . . . thinking, feeling and acting as a God-conscious person would. Do your best to feel that you are now Self-realized instead of thinking of Self-realization as something to be attained in the distant future.

The Truth About The Spiritual Path

The truth about the spiritual path is that we are not working to become spiritual. We think properly, pray effectively, meditate regularly, abide by all the rules of spiritual living only that we might clear the false notions from the mind and consciousness so that the Light of Truth can be revealed. We do not build or create a spiritual consciousness. We merely get rid of all that obscures our pure vision. All too often the hypnotism of the human mind which continually believes in a series of never-ending problems to be solved cannot imagine what would happen if it found itself free from this condition. When the vision is cleared and the soul knows Itself for what it is, the outer manifestation of success, prosperity, abilities and talents, health, love and everything automatically appears.

We cannot rid ourselves of negative and false believing as long as we consider God to be outside of ourselves. We must recognize God (Life) walking in us, talking through us, seeing through us, hearing through us and feeling through us. This is the great secret. When this is accomplished then the scripture is understood, "Then shall the eyes of the blind be opened, and the ears of the deaf unstopped."

Yes, it is true, when we live the true spiritual life we walk worthy of our new vocation and see the Power through every avenue of life and through every adverse condition and appearance. The consciousness of the presence of God will satisfy every good desire. It cannot be denied.

God-consciousness is not glorified human consciousness. In human consciousness we feel that we are separated from God. In God-consciousness we find that

old, false ideas and opinions are erased and done away with forever. It is therefore, important, when you hear the call to rise into the realization of your real nature, to leave behind all the things which were once a part of your old life.

Now, your trust must be only in God, your true source and sustainer and not in outer appearances, which, after all, are but effects and, in which, there is no power.

We Always Bear Witness to What We Believe

Regardless of what we outwardly profess . . . the truth of the matter is, we are forever showing forth in our personal life just what we inwardly believe we are worthy of having. "Few people know," stated one great Master, "that the kingdom of God and all fulfillment also extends to the physical realm." There are few people on the spiritual path who have the courage to accept this as true. Therefore, they must be content with limited expression. Unlimited expression can be ours if we only learn to accept it.

Meditation Practice

Practice like this every day in the silence. Contemplate what it would be like for you to possess pure vision. What if your eyes were too pure to behold iniquity? What if you were so anchored in God that you absolutely did not see poverty, sickness, limitation of any kind . . . for yourself or for others? Can you imagine how that would be?

Quietly contemplate in this way. See through the shadows of this world and see only that which is "lovely and of good report." Know clearly, beyond a shadow

of a doubt that in an enlightened person's world there is no darkness, disease or lack. There are no lost souls. Right now, affirm, "I am the bright and shining One, filled with Light and Power." Linger in this realization for as long as you can. Spend two or three short sessions every day in this contemplation.

Then, take your new realization into your daily experience. See all people as divine beings and treat them as such. Do not condemn, criticize or fear. With an even mind and pure vision you will move through this world as a radiant Self-realized soul and you will be a blessing to all.

THE ETERNAL RELIGION

At the heart of every great religious teaching is a mystical doctrine which is the same and which points the way to Self-realization. No one system, loaded with opinions and theories, can be taken as the Truth. But, strike away the opinions, theories and misguided notions and the direct route to God will be revealed.

This direct route is the Eternal Religion, the way which was, is and will be, the means by which every seeking soul shall find freedom. In this series I am revealing to you the never-changing laws and basic, universal truths, which have been known since the dawn of time by Masters and Sages of pure, unclouded understanding.

To comprehend what is true, amidst the maze of myths and symbols, is the task of you who tread the spiritual path. With practice and patience, using the eye of intuition, you will prove equal to the task, I am sure.

The Way is Sure for One-Pointed Seekers

The average person who seeks the Truth meets with little real success because he is not one-pointed in

his quest. He does not know what the true goal of life is, what to do to realize it or how to assume the consciousness of Self-completeness. As you continue on you are not to accept anything I say merely because I say it. To the best of my ability I am recording here only that which enlightened teachers have agreed upon as being true and what I, myself, have found to be true, also. Here you will find nothing new . . . merely a restatement of ancient, yet ever-new principles in language of today. You do not have to accept what anyone else affirms, for you have the marvelous capacity of knowing the Truth for yourself.

The promise is now, as it has ever been, "Whoever seeks Truth with an open heart, never wavering on the path, will reach the goal without fail." One sage stated to his followers, "Even a little bit of the practice on this way of life will save you from the fear of death and from suffering as a result of ignorance."

There is only one reason why people, as a whole, live out their lives in fear and suffering. They are not aware of who they really are. They are asleep to the Truth. The solution to the problem of human suffering is for people to awaken and come into the full realization of who they are. There is no other way. Blind believing, superstitious performance of rituals, dependance upon outside gods or forces in nature, only indicate lack of Self-realization.

The way to Self-realization is not a trial and error method. It is fast, direct and evidence of progress can be readily noted. But, the choice is ours. We can grope along, stumbling blindly, or we can turn our attention and our efforts to the solution of man's universal problem, ignorance of soul nature.

Every person will, sooner or later, realize the Truth. This is your glorious destiny and you cannot miss it.

All anyone can do is prolong the agony by refusing to practice self-discipline and by refusing to work at clearing the mind and consciousness of all impediments which block the flow of Power and distort the perception.

Our Two-Fold Responsibility

Man, in this world, has a double responsibility to fulfill. The first responsibility is to seek Self-realization with steady faith. The second responsibility is to work in some constructive manner in this world.

Constructive work does many things. It puts us in line with Universal Will and makes us co-creators of that which is good and desirable. By working in some constructive manner in this world we tend to root out our selfish tendencies; we stabilize the social order and we create conditions of relative ease so that we can turn our attention to the higher things of life. There is a purpose for the maintenance of the world and we can be sure we are doing our duty when we work to assist in the smooth running of the affairs of life, for ourselves and all mankind.

Concern for the welfare of others is a mark of spiritual awakening. We are not, of course, to embark upon a program of converting others against their will, for this would lead to open conflict. But, we can provide for the physical, mental and emotional welfare of others until the time comes when they begin their own conscious quest for truth. And, when they are ripe for awakening we can provide them with literature and instruction which will point the way for them.

If every soul had to find the way for himself, very few would make it. Generous hearted Master-Teachers

have, throughout the ages, worked selflessly for the enlightenment of humanity. It is a spiritual law that we can only progress spiritually to the degree that we are willing to assist others on the path. Because, in truth, other souls are really ourselves because all souls are the same as individualization of Spirit. In working to awaken others you are really awakening yourself.

Personally, we can do nothing. But, to the degree that we relax and turn within for guidance, the Infinite Intelligence can work through and as us to do what It wants to do.

Your financial participation is really a portion of your life which you share with yourself, as others. It is hard for many people to share because they think in terms of giving and getting. The moment we share we are standing in that place in consciousness where the Infinite is distributing Its substance. Therefore, rejoice in the ability to share, at the moment you do so and do not ever think in terms of getting a reward as a result. Your reward is really your freedom to share at that moment.

Correct participation does not include charity. Correct participation is when you do what you can to bring in the kingdom of heaven, the world of reality, on earth by working to clear the mass consciousness of false ideas. To actively spread Truth is the highest and best thing you can possibly do. People must be fed, sheltered, educated and healed, this is obvious. But, unless we take the next step and work to awaken souls, we are merely working with bodies and minds which will, in time, pass away.

Any form of religious worship is good for the average person because it is an indication the spiritual nature is seeking fulfillment. But, being good and being religious is not enough. It is only the beginning. Mil-

lions of good, religious people pass from this plane every few years and are no more enlightened when they move into the astral realms than they were while they were on this planet. The question is, along with church going, fulfilling personal responsibilities and study of scriptures or Truth literature . . . have you realized God?

Out of the millions of people now incarnated, how many ever think of Self-realization? And, out of all who think about it how many actually get down to business and do anything about it? Unfortunately, even among those who are studying Truth, a great many waste their time in nonessential pursuits and are forever changing from one system to another, making a game out of their study and failing to awaken from this dream of mortality.

A Daily Plan for You to Follow

In order to avoid much waste motion so as to move steadily ahead on the path, do this: Every morning, sit quietly and have your meditation. Practice as suggested in the first lesson. Then, consider the coming events of the day ahead. Ask within, "What can I do today which will assist me to live a more God-tuned life?" Sit quietly. Listen deep within. In time, you will get ideas, feel urges, sense things to do, people to contact. When you are sure of your inner guidance, write it down and begin at once a plan of action. The main thing is to follow-through. Our guidance is of no value unless we act on it.

During the day, from time to time, if you feel the need, pause and turn within for guidance . . . and, again, write it down and follow-through.

At night, just before retiring, pause a few minutes

to meditate and become aware of your true nature. Then, go to sleep in this consciousness.

With practice, you will become so attuned to the Infinite Intelligence which is working through you that you will effortlessly be guided in all that you do. Your only thought should be to "do the will of the Father and accomplish His works."

Isn't this, after all, what you want to be able to do someday? Then, why not begin now to move in this consciousness the best way you know how? In a few months or years you will look back to this moment and note the amazing progress you have made.

* * * * * * *

Today, I affirm my real identity. My life is the expression of the One Life. My Intelligence is the individualization of Infinite Intelligence. My mind is the individualization of Cosmic Mind. All thoughts, feelings, urges and creative actions is Spirit flowing through and as me into greater fulfillment of Itself.

3

KEYS TO RAPID PROGRESS ON THE PATH

If we are to make rapid progress on the spiritual path we must pay attention to the things which are essential to Self-realization and minimize nonessential things.

In one of the oldest manuals of instruction available, "The Yoga Sutras of Patanjali" (see the author's book, "This Is Reality" for a complete commentary) we read, "Self-discipline, study, meditation and absolute reliance upon the Infinite is the fastest way to God-realization."

This is never-changing advice as it enables us to set a clear course in life and move steadily ahead in the right direction.

1. *Self-Discipline:* Mainly, this has to do with our thinking and feeling. It means that we should always strive to maintain a positive mental attitude and that we should control our feelings.

   Negative thinking and uncontrolled feeling is prayer in reverse. Our usual state of consciousness is the result of what we continually think and feel. Therefore, if we desire the highest and best for ourselves we should control, by all means, our thoughts and feelings. We can do this by regular meditation, by reading inspirational

literature and by associating, for the most part, with people who are constructive in their outlook on life.

We can control our thoughts by controlling our conversation. We should never give in to the temptation to gossip or to speak in a negative manner. We should never say anything about ourselves or others which we do not want to be true. I know this takes effort in the beginning but the rewards are great. If we are to be truly successful in life we must learn to synchronize our thoughts, feelings and actions so that we move steadily in the direction of our chosen life goal . . . Self-realization.

2. *Proper Study:* Proper study for a Truth student is regular reading, if only a few paragraphs a day, of scripture or of a book written by someone who was enlightened. As we read this material we are reminded of our basic nature and the true goal of life. Also, dormant soul memories are awakened and come to the surface of our consciousness. Truth students should read the New Testament, the Bhagavad-Gita and any world scripture which proves inspiring. Also, because this question is asked, besides my books, I recommend the writings of Joel S. Goldsmith, Neville, Unity and Science of Mind. There are many inspirational books on the market and the main thing is, do they awaken or do they confuse? If they awaken, they are suitable for daily reading.

Regular reading of inspirational Truth literature clears the mind and consciousness and helps us remain on a steady course through life. There is no real harm in reading daily newspapers, novels

or whatever one is interested in for information or temporary diversion. But, never forget to read a little, each day, from the kind of books I have suggested.

3. *Regular Meditation:* Meditation is the practice of Divine Remembrance. This is important, otherwise we tend to get caught up in conflicting theories and opinions and in the pressures of the daily routine. More will be explained about meditation in the two lessons which follow.
4. *Absolute Reliance Upon the Infinite:* This means that at every moment of the day and in every situation, we should remember that the Infinite is working through and as all activities. This attitude reminds us that we are not alone in this world and there is an Intelligence governing the affairs of men at all times. As we learn, through practice, to rely upon the Infinite, we find that our intuition awakens, we are expectant and responsive, we are lifted out of a hum-drum round of activity and move consciously into the awareness of eternal life.

At this time it will be helpful for you to read carefully the 6th Chapter of the Gospel according to St. Matthew in the New Testament.

You see, many people make the mistake of assuming that it is difficult to live the true spiritual life in this world. The pressure of business, the daily concerns with which they are forced to deal and the seemingly "unspiritual" people with whom they must get along, makes it look as though this world were a place of strife and suffering. Yet, the master-teachers of the ages have stressed that it is here, in this world, right where we are, that the kindom of heaven is to be realized.

At every turn we have the opportunity to see through the appearances of this world, straight into the Real World, the Kingdom of Reality, where everything is bright and fulfillment is the order of the day. We are attuned to the world of conflicting viewpoints when our attention flows constantly outward. This is the major source of pain for human beings. Souls which are attuned to nature, are not able to comprehend the reality of God and their attention flows outward. They feel that happiness will be the result of their successful attainment of material goals or the satisfaction of human wants and urges.

Temporary satisfaction is gained as a result of fulfilling desires which lead to comfort and security and and the responsibility of seeing to our creature comforts and needs should not be overlooked. But, real satisfaction comes when we are able to turn our attention within and realize the Source of all that appears in our everyday world. When we are firmly in tune with the Infinite and we clearly see that outer circumstances are but the reflections of inner mental images, we can live in this world, objectively and with great freedom of expression.

Herein lies our real security. Daily we are confronted with news of intrigue, national and international . . . we hear of wars and rumors of wars . . . we read of race conflicts . . . the gold drain . . . prophecies of earthquakes and cataclysmic events to come . . . and we wonder, "Is there a possibility of our being secure in a changing world?"

Every great religious leader has affirmed that there is a way to have inner peace, regardless of what takes place in the outer world. The way is to learn to be anchored always in God and move through the world as a Self-realized soul. There is no other way. In this

consciousness, come what may, it will not touch you. You will be unmoved while others around you are fearful, confused, tense and at their wit's end.

Yet, all men can enter into the realization of their God-nature if they will but turn their attention within in the proper way.

Whenever I have talked with men and women who are in trouble, I find that invariably, even though they are Truth students, they have failed to abide by the simple rules set forth early in this lesson. They are not exercising self-control in the matter of thinking and feeling as they should. They are inefficient. They have let others dominate their lives. Or, they have put off their daily study of Truth literature and have forgotten the basic principles of right living. Usually, they are irregular in meditation or they are meditating incorrectly. And, without exception, they are not relying upon the Infinite. They are reacting to the shadows about them as though they were real instead of treating them as the reflections of the mind they really are. Instead of taking their stand as free souls, through and as which the Infinite works, they have cast themselves in the role of victims of circumstances . . . letting things happen to them . . . letting people, conditions and subtle influences direct their lives.

So, take stock of yourself now and determine to abide by the four simple rules I have outlined in this lesson. Set aside a definite time for yourself every day to read, meditate, adjust your thinking and assume the proper view of things. Then, act in this new realization. Create a new self-image of yourself and live accordingly.

Remind yourself that you have every right to prosper and enjoy good health. You have every right to function in your right place in life as a free soul.

Sometimes, this means a change of locale or a change of friends and associates. This is not always the case, but if it seems to be necessary, then make a move. You will then attract new associates and new conditions which are more in keeping with your high ideals.

The spiritual life should not be a life of solving one problem after another. The spiritual life should be a life of fulfillment, interior joy and a sense of attunement with all things in nature. An important part of this new way of life is to try always to be in harmony with all people and all conditions. Instead of fighting, relax and work in a harmonious manner. To overcome this world we do not have to beat it into submission. We have only to turn our attention to the truth about God and ourselves . . . and then live to the best of our ability as God-directed men and women.

* * * * * * *

"Today, and everyday, I do my best to live the true spiritual life. I discipline my thoughts, feelings and actions; read words of Truth with intuitive insight; meditate to realize my true nature; then act always according to my inner guidance, in the full knowledge that the Infinite, which is my life, expresses through me and as me to fulfill Its goodwill."

IN THE TEMPLE OF SILENCE

Every Truth student should practice meditation until it is easy and enjoyable. Here is a guide and simple reminder of the eight steps to success in this highest of all arts.

Step One — Ethical Conduct

To insure peace of mind and inner and outer harmony, we should live in this world decently and in good order. This means we should obey the laws of the land, maintain a good working relationship with our fellow citizens and try, to the best of our ability, to find our right place in the scheme of things so that we can contribute to society and feel inwardly fulfilled.

Step Two — Observe Spiritual Laws

Review lesson three for details on this. Practice self-discipline, study Truth literature, meditate as herein revealed and live in tune with the Infinite.

Step Three — Proper Posture

The adepts prescribe the proper posture for meditation to be a comfortable, upright position, in a quiet place. Select a chair upon which you can sit, with your back straight, away from the back of the chair. Adjust your position so that the weight of the body is resting on the buttocks and lower thighs so you will have a firm base and can be comfortable for a while without having to change positions. Your hands can be placed on the thighs. Some find that if the hands are turned palms-upwards, while resting on the thighs, this helps to brace the body in the proper upright position. Sway gently forward and backwards from the hips until you find the center of balance so you can sit without muscular strain.

Assume an attitude of wholesome expectancy. Close the eyes and lift the attention to the point between the eyebrows, the center of concentration. If the eyes roll upwards in this direction it is all right.

This will start the attention flowing in this direction and lift it from the body and the cares of the body for the duration of the meditation period.

Step Four — Reversing Attention

We cannot meditate properly if our attention is scattered or if it is directed to problems or to physical things. Meditation is concentration (one-pointed flowing

of attention) on the Infinite. In order to concentrate fully we must reverse the flow of attention, taking it off the things of the world and directing it within as explained here. Meditation is not for the purpose of solving problems, contacting other people, or seeking illusory inner experiences. We meditate to become God-conscious.

With the attention directed at the third-eye center as suggested, just let the body relax and let the mental activity settle down of its own accord. To keep the thoughts from wandering, while remaining centered at the third-eye, become aware of your breathing. Observe the breath as it flows in and as it flows out. Make no effort to control it. Just observe it.

After a few minutes you will find that you are calm and objective. The thoughts float through your mind but they are beginning to settle down. The pressures of the day no longer invade your consciousness. Without this intrusion, the mind, in time becomes serene.

Step Five — Interiorized Attention

If you have been successful this far, you will find that you are objective and your attention is now yours to command. You can direct it anywhere at will. Directing this full concentrated attention in meditation you unfold at a rapid rate. Or, in your everyday business activities, now that you have learned the secret of concentration, you can turn your attention to any task with powerful results. This will enable you to be more effective as a person in your chosen life's work. You will be able to accomplish more in a shorter period of time. Just as concentration enables us to do more in this world, so it enables us to literally speed up our spiritual unfoldment and accomplish more in this life-

time than the average person could hope to accomplish in several lifetimes.

The average person is indecisive, out-of-sorts, misdirected and almost totally involved in the shadow world. He plays the game of life according to the law of averages and his successes and failures show this to be true. A person with insight, with perfect concentration to back up his purposeful activities in this world, knows success without limitation.

Step Six — Concentration

The important thing in meditation is proper concentration. What to concentrate upon? This is the major question.

At this stage, just sit quietly and become inwardly aware. In time, you will perceive an inner light . . . or a sense of joy or bliss . . . or a sense of oneness with all life . . . or a sense of the omnipresence of God. Whatever you perceive, give yourself to it . . . yield to it . . . surrender your all to it. This is the secret. To concentrate upon some aspect of the Infinite does not mean to think about it . . . it means to flow the attention to it and actually become it.

Step Seven — True Meditation

Now you are meditating properly. Thinking about a problem, thinking about God, trying to contact disembodied souls, trying to receive "messages," none of these efforts have anything to do with true meditation. Steady flowing of attention with the yearning to become the object of concentration, is meditation.

Sit for as long as you can, absorbed in this type of meditation. When you come from this meditation,

you will be brighter, more serene, self-contained and happy.

Step Eight — Oneness

Realization of Oneness is the inevitable result of correct meditation. In this realization you have need of nothing else for you are self-contained and in tune with God. In time, you actually realize that God is expressing as you. Remain in this realization of Oneness.

After meditation, if you have a problem or if you need inner guidance, now is the time to do your personal work. But, not until you have meditated and have become as self-realized as possible. In your new consciousness you will be more objective, impartial, clear-minded and intuitive.

The last three stages of your practice; concentration, meditation and oneness, is termed contemplation. It is the way to enlightenment without fail.

Further Suggestions

It is best to meditate daily, twice a day if possible, once a day for sure. Select a time when your meditation practice will not conflict with normal household routine and where you can be undisturbed for a while in a quiet place. If you want to read a few paragraphs from an inspirational book to get yourself in the mood, do so. Then, assume your meditation posture, clear the mind of all conflict, turn the attention within and meditate.

If you are beginning this practice for the first time, meditate for 15 to 20 minutes to start. Then, extend

the time as long as you feel comfortable while practicing.

Do not use prolonged periods of meditation as an opportunity to escape from daily responsibilities. Meditate regularly and then handle your responsibilities easily and objectively. Live in the awareness of God while you work and see everything you do as an activity of God. Regardless of the role we play in this world, if we are in our right place, it is a Divine role.

* * * * * * *

"This day, in the depths of meditation I rejoice to know myself as I really am . . . as a Self-realized soul . . . aware of my Oneness with all life."

HIGHER MEDITATION METHODS

Now, you are practicing the art of meditation . . . the WAY of all mystics and self-realized men and women. The secret of success in meditation is to be faithful. Regular practice will bring satisfactory results, in time.

Do not become discouraged and do not look for dramatic results. Be content with steady unfoldment. You have been on the spiritual path, consciously or unconsciously, for many lifetimes . . . therefore, allow a few months for evidence of unfoldment to come forth.

When you turn within, relax, and let the mind settle down of its own accord. Watch the breath, as it flows back and forth. When the breath is quiet and the body is relaxed, you will know true peace. In time, you will come to the point where you are *aware of being aware.* Then you will know that you are not the body and you are not the mind . . . you are THAT which is aware

of the body-mind activity. And, you are objective and free.

As you meditate you will find that your attention is flowing easily to one point. This is perfect concentration. It is not a matter of using willpower or effort. It is a matter of being able to relax and "give" yourself to your inner work. As a lover yields to the beloved, so should you yield to the inner pull of Spirit. And, the results? They will be extremely gratifying!

As you relax you will become aware of the attributes of Spirit. Spirit, in the unmanifest nature, is without form and void. But, as It appears as matter it takes on coloring and form and is manifest as various characteristics. The testimony of mystics of all times and places is that Spirit manifests as follows:

1. *Light:* In the first stages the inner lights appear as geometrical designs, brilliantly colored . . . or, as subconscious images. Whatever comes before your inner vision, try to perceive that which is behind the vision, until you perceive the clear, white light of Spirit, then surrender to it and *become* it.

2. *Cosmic Sound:* In the depths of meditation you may hear the cosmic sound of Aum . . . the Holy Ghost . . . the sacred Vibration . . . the Word. This deep, booming roar will be an intuitive perception of the Cosmic Vibration. Again, yield to It and lose yourself in It. You will find that this type of meditation is therapeutic and will cleanse the subconscious as it lifts you into the superconscious realms.

3. *Joy:* When the vital forces flow into the upper regions of the body, they are perceived as joy. When increased, this is perceived as ecstasy. It is better not to become overinvolved with this feeling as the pleasure will tend to keep you "locked" at this level of perception. Try to go beyond it to. . . .

4. *Bliss:* This is the perception of the soul. (Really, the perception of the first subtle covering of the soul.) When you are conscious of bliss in deep meditation you are beyond the awareness of the other bodies or coverings. Contemplate this bliss consciousness for as long as you can.

5. *Peace:* This is experienced when all mental activity has ceased and when there is no more emotional reaction. True peace is not the result of our suppressing inner urges but is the outcome of our successful efforts to obtain release from effort.

6. *Love:* We experience pure love when we are in communication with life on all levels. "Perfect love casts out fear." This is our realization. At this stage we perceive that all is one. When you contemplate this . . . do so for as long as you can, without any disturbance.

7. *Omnipresence:* This realization comes clearly . . . "All things were made by Him and without Him was not made anything that was made." Consciousness is the only reality. Everything is formed of one basic substance. "In this we move and have our being." Again, "Wherever I am, God is." God, Infinite Life, Spirit . . . is right where I am at every moment of time. "This ground is holy ground." Think about this and contemplate it.

8. *Omnipotence:* One Power! Never again do we think in terms of "other" powers. Of "evil" powers. Of "personal" powers. We do not give any strength to the efforts of other people to stand in our way when we are in tune in our right place in life. There is only one power, and it works through and as us to fulfill the grand plan!

9. *Omniscience:* We can know all there is to know if we are open and willing to know. This is the secret!

Since we are souls, individualized Spirit, we are what God is. Therefore, we know what God knows. When we relax the conscious mind (in meditation) and let it come forth, the secrets of the universe can be revealed through us, without fail.

Further Suggestions

It is not necessary for you to have a special place to meditate. Any place that is quiet is all right. Some people like music for meditation. This is all right to set the mood but then it should be turned off because as we meditate as explained in these lessons we are trying to interiorize the attention and any outer sounds will cause conflict.

To meditate once or twice a day is good, even for short periods of time because this will calm the mind and put you in tune with the Infinite. Longer meditations are good when you can practice with concentration in depth.

You can derive benefit from group meditation if there is singleness of purpose, but it is best not to become dependent upon group practice. And, it is wise not to discuss inner experiences with others . . . except your teacher or a trusted friend who is well along the path.

It is important to avoid becoming fascinated with psychic experiences such as seeing various colored lights, feeling unusual sensations, trying to contact others, etc. True meditation is for the purpose of becoming Soul-conscious or . . . God-conscious.

Signs of Progress

You will know that you are making progress on the

path as a result of your meditation work when you notice that you are becoming more peaceful, more objective, more understanding. Also, when you find it easier to understand the scriptures and writings of enlightened people.

Do not expect meditation to solve all of your personal problems. True, as we become self-realized we tend to find that harmony prevails, guidance comes and insight improves. But, we must also be mature enough to make sound decisions regarding our personal lives. Often, negative thinking, a poor opinion of ourselves or fear to change a situation will keep us bound to unhappy conditions.

I always suggest that students of the occult also read, and take to heart, practical metaphysical instruction. Many times we are capable of confronting a situation and meeting it wisely with a bit of common sense. This is better than hanging onto a condition for months or years expecting meditation to solve it for us.

We Live in a Spiritual Universe

Gradually, as we unfold, we become aware that this world in which we live is Spirit formed as we behold it. When we see this, we no longer think in terms of material things vs. spiritual things. Or, material activities. When we are in tune and in our right place in life, we move intuitively at every moment, doing the right thing at the right time. In this way, every daily action is a divine action.

Yes, as we work at our jobs, as we assume our family and community responsibilities, as we do everything that we have always done, we do it in a new light and

we find that right here, in this world, we are living in heaven . . . the realm of fulfillment.

This is the idea; after meditation we go forth, creatively involved, with an inner sense of detachment. With the realization that Spirit is working through and as us, always.

As we do this, we live in the ever-present now, the only time there is for us. Then, we become as gods, functioning within the framework of time and space, and yet, inwardly aware of our true, unchanging nature. Though conditions change about us, though events come and go in our lives, we stand serene and unmoved. This is the way of the wise. Not to be overly involved in anything of this level of expression. Not to be attached to the point of spiritual blindness. One in the awakened consciousness does not grasp at life nor does he reject life. He takes it as it comes, and if his consciousness is clear all that comes his way will be beautiful and right for all concerned.

Renunciation is the key to spiritual living. A true renunciate never wavers from the realization that "all things were made by him and without him was not made anything that was made." We can handle as much of the stuff of this world as we can assume responsibility for when we are in the right consciousness. When we move through life without selfish motivation and without attachment, knowing within that it is a divine drama, we are free. Actions do not bind us. Selfishness in ignorance alone binds. As Sri Krishna stated in the Bhagavad-Gita, "Near to renunciation, very near, lies eternal peace."

Remember to read, from time to time, the writings of enlightened people because this will keep you inspired. Sometimes, you will not feel like meditating or, when you do meditate, it will seem that the practice

is not effective. These dry periods are to be expected. Just remain steady in your resolve to reach the ultimate goal and you will find, more and more, a deep satisfaction from your practice and an anticipation for the next meditation period.

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"Today, after my Spirit-filled meditation I go forth in the consciousness of my real nature, seeing everything as a manifestation of the One. Everything that I do is inspired and right."

AWAKENED INTUITION
(And How to Use Extra-Sensory Ability)

Without awakened intuition there can be no spiritual unfoldment because intuition is the soul's ability to perceive directly whatever it wants to perceive.

Remember, we do not think our way into God-consciousness. Nor, do we become God-conscious as a result of study or because of learning through experience. We become God-conscious to the degree that we awaken from the dream of mortality . . . the belief that we are apart from God.

Everything that we do in the way of discipline; our prayer work, meditation, proper study, etc., is to clear our consciousness and awaken the memory of the soul nature. We are already that which we have been striv-

ing for incarnations to realize. All we have to do is awaken to the realization that it is true. And, intuition enables us to do this. Through awakened intuition the truth about life is revealed.

Intuition Is The Same As ESP

ESP or extra-sensory perception is the same as intuition. It is a soul ability and not an attribute of the mind. Many researchers are looking into the mind of man for the key to ESP, but they will not find the answers there. ESP can only be understood when the subject is approached as we are approaching it here.

Now some people say they do not want to awaken their ESP ability because they have either heard of or, had strange psychic happenings. Let me say right now that when our consciousness is clear and our goals are right, we will not have unpleasant, strange or frightening experiences. We tune into whatever we are consciously or unconsciously looking for and if we desire only that which is wholesome and helpful to our spiritual progress, this is all we will become aware of through using intuition.

Many psychics, though not all, are still materialistic in their attitudes or they are negative in their thinking. This accounts for the strange and, to the Truth seeker, undesirable experiences they have.

How Can We Awaken Intuition?

We can awaken intuition by using it. We all have it. Some use it more than others. The more you use it, the greater it will manifest in your life.

So, begin to "expect" your intuition to awaken. Begin to "expect" to be able to use intuition. Con-

sider it a natural thing. *Expectation triggers intuitive awakening.*

When you read the scriptures or any other Truth literature, expect to be able to know what the author had in mind when he first wrote the material. In this way, you will tune in to the level of consciousness of the author and gain insight into his purpose and intent.

When you listen to a Truth teacher, as he talks, relax the conscious mind and try to intuitively perceive what he is trying to say. You will go beyond his verbal expression and become aware of his level of consciousness and in this way you will be instructed on a nonverbal level.

When you meditate, maintain an attitude of expectancy and you will find that you gain insights never before imagined.

Practical Uses of Intuition

When talking with people in general, try to perceive more than their words. Tune in to their real thoughts and feelings. In this way, you will learn to read people like a book and know more about them than you would otherwise know after months of constant association.

If you are faced with a problem, do this: sit quietly and relax, knowing that within you is the ability to see the solution of the problem. Be detached and do not be emotionally involved. Then, you will see clearly. If you cannot see through the problem at this time, then inwardly accept the fact that in the near future the solution will be revealed to you. Then, go about your routine business and at a moment when you are not consciously working on the problem, the answer will flash into your mind. Or, someone may say some-

thing to you that will trigger off the solution. Or, in a dream you may see the solution. The main thing is to relax the conscious mind and expect to receive the solution.

Many heads of great business enterprises use intuition all the time to solve problems, receive guidance and find answers to complex questions. An article in the Wall Street Journal recently concluded that the "X" factor involved in the operations of successful stock market investors was intuition.

Getting in Touch With People

If you want to contact someone at a distance and you do not know the person's address or telephone number, do this: sit quietly and look within . . . visualize the person and feel his presence as though the person were right in the room with you. Then, mentally request that person to contact you. Before long, the person with whom you established this contact will either call you, write to you or you will "accidently" meet each other. Try it. It never fails.

It should go without saying that in using ESP we should never think in terms of taking advantage of people. Our motives must always be of the highest and best. If our motives are pure there is no reason why we should not use ESP in a creative manner. To have ESP ability and not use it is like being able to see or hear, but not see or hear on purpose. We should use every natural ability we have to make our lives more fruitful.

In times to come, one or two thousand years from now, most people will use intuition as naturally as they now use other abilities. As a Truth student you are ahead of the masses in your unfoldment, and you

have the potential of using now, that which will be common practice centuries from this time.

Without intuition I could never do the things I do. When I receive the inner urge to act . . . whether it be to contact someone, write a book, take a lecture tour . . . whatever, I do it. And, I find that things work wonderfully well as a result.

The Difference Between Intuitive Guidance and Wishful Thinking

With practice, we find that an intuitive urge is clear and sharp and comes upon us suddenly. Wishful thinking is identified with subconscious whims. The only way to tell the difference in the beginning is to check our urges out. Examine them to see if they are correct. If we do not check them out, we will never know for sure. After a bit of practice, as we learn to rely upon the Infinite more and more, we find that we are being intuitively led in everything that we do. At this time, we find that the tensions resulting from anxiety vanish. We no longer fear the future. We know that every step we take is the right one, even though, in the beginning, we may have doubts.

Intuitive Awakening is Being "Born Again"

Unless a man is born again, he cannot comprehend the kingdom of heaven. Unless we awaken intuitively we will never be able to grasp the subtle truths of life. A person without intuition is materialistic because he is sense-bound. One in whom intuition is awakened is aware of things which cannot be grasped through the senses alone.

Now, we should use intuition to find our place in life, receive guidance, understand other people and even, if necessary, communicate with others at a distance. But, the greatest use to which this ability can be put is to unravel the mystery of life.

Unfortunately, many people use ESP ability for personal gain alone, never thinking of solving the major problem, spiritual ignorance. Yet, when this problem is solved, as it can be with intuitive ability, all the pain and suffering of human existence is banished forever.

Let us, therefore, resolve to realize the Truth. Let us, while we are working to make this world a better place, also work to realize our natures as conscious children of Light.

The goal is not far off. "There are some standing here who will not die till they see the kingdom come with power." Yes, it is true. There are some who read these pages who will, before this present incarnation is over, awaken to the realization of the realm of wholeness, where all is light and harmony. Will you be one of these people? I hope so. The way is open to you if you will but become rightly resolved.

Remember, the goal of life is liberaton of consciousness. A firm decision to reach the goal is important. Then, the belief that it is possible. After that, you are to do what you can do to clear your consciousness. The result is enlightenment. Complete awakening.

One who is intuitively awake (spiritually awake) moves through life like the wind. His actions are not always comprehensible to the average person because he moves as a result of inner direction, not in line with subconscious conditionings. Such a person is the embodiment of Truth. Such a person, when completely God-conscious can say, "I of myself do nothing." Or,

"He who has seen me (the real me) has seen the Father."

For one on the spiritual path, enlightenment is the major goal. Such a person will not become sidetracked by becoming overly involved with "proving" ESP, "reading" for others to satisfy their curiosity or by using ESP to control or take advantage of others.

As one great Master said, "Out of a thousand, one seeks Spiritual insight, out of a thousand who seek, one finds." The one who experiences the great fulfillment is the one who never stops but who goes all the way.

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"This day I am relying upon the Infinite for guidance, direction and insight. With the eye of intuition I behold the Truth about life and not the distortions of the conditioned mind."

MOVING THROUGH PSYCHIC REALMS

It is natural for the awakening soul to become aware of the psychic realms and to be interested in understanding them.

The dictionary has this to say about the word, Psychic: — "of or pertaining to the human soul. Pertaining to super — or extrasensory mental functioning, such as clairvoyance, telepathy, etc. Also, pertaining to nonphysical forces or happenings."

In lesson six of this series we discussed ESP and how to use it properly in order to enhance our life in this world and to eventually attain self-realization. As we unfold, we cannot escape taking notice of psychic activities, *but we can avoid overconcern and overinvolvement with such activities or phenomena which do not contribute to our spiritual well-being.* And, this is the key. Does our interest in, and involvement with, things of a psychic nature assist us to reach our goal of enlightenment?

It is safe to say that any spontaneous psychic experience which comes and which can be observed objectively by us, is in Divine order. But, the trap is that frequently we become so absorbed in the "investigation" of psychic phenomena that we forget our main goal, which is enlightenment.

Why We Should Not Be Overly Concerned With The Investigation of Psychic Phenomena

Let me make it clear now that this lesson is not a criticism of responsible psychic research. I merely want to point out the pitfalls in this area. To be overly concerned with mental and astral happenings is just as contrary to spiritual unfoldment as is overconcern with the physical research because many investigators are not aware of what they are dealing with . . . nor of the true nature of the soul and what the mind really is.

Some researchers think that the mind is the soul . . . and, we know it is not. The mind is a magnetic field in which images are formed for a creative purpose. The soul becomes self-realized to the extent that it disengages itself from the mind and functions intuitively.

True, through intuition, we can learn to use telepathy, we can see auras, "read" people, see into the past and future. But, what for? This is the question that should be in the forefront of the mind before doing any of these things. Proper motive is important.

There are thousands of people around the country who make the study of psychic phenomena their major goal. They are not interested in solving personal problems, putting their lives in order, becoming self-reliant and self-realized. They are fascinated when they learn of a new "psychic" who can "see" remarkable things in spite of the fact that most psychics who receive much publicity are not spiritually aware and are either strictly commercial or are, for the most part, governed by their own subconscious patterns rather than by intuition.

Many psychics are fatalistic . . .they almost assume

that "what will be, will be." Many of them teach a philosophy which is not in line with Truth teachings. There is often too much emphasis on karma, of man being a victim of his past and a slave to outside forces. Many of them give "readings" which are, for the most part, a waste of time. They can intrigue a person with stories of past-lives, but seldom can they give a sensible Way to self-realization.

A sincere Truth student should not give in to the temptation to go into trance in order to be "used" by so-called higher intelligences. Is there anyone more intelligent than you when your intuition is awake? When will you awaken it and learn to live anchored in God instead of being dependent upon outside and "higher" intelligences? A Truth student should only be instructed by his guru or by his own awakened intuition. If you have not yet found that one who can be the guru for you, then read the scriptures and the writings of enlightened people, for in them you will find pure Truth. I do not have space to go into detail about trance work here except to say that most instances of "higher intelligences" working through an entranced person are merely instances of the person's conscious mind being shut down so that another facet of the personality can express. Why do unconsciously what can be done consciously and with full awareness? Why hide from ourselves?

After all, we know the Way to self-realization . . . it is to practice self-discipline, read Truth literature, meditate and live consciously in the awareness of the Presence at all times.

Whenever we allow ourselves to be dependent upon anyone or anything, we are weakening ourselves and denying our own soul potential. Our future is what we are in consciousness. Our mental attitude and our

inner realization of our soul nature guarantees that the future will be wonderful. This guarantees that we will always be "in our right place at the right time." It means that we never have to be afraid, be anxious or uncertain. We are heirs to the kingdom and when we are awake spiritually the ground we stand upon is holy ground and the Infinite expresses through and as us at every moment.

Years ago, I used to give readings and I found I could do it easily, with rather startling results. But, I also found that results were seldom worthwhile. If I give you a reading and tell you about your past, this may convince you of my ESP ability. But, it does nothing for you if I do not awaken you spiritually and encourage you to walk the spiritual path intelligently. I want you to be self-realized. I want you to be a knower of Truth and be free . . . and never have to depend upon anything expect your own conscious awareness of Life.

To Make a Point

Yogananda used to tell the story of the man who was invited to visit a king. Arriving early for his appointment the man walked through the beautifully landscaped palace grounds. So enthralled was he by the flowers, the ponds, the attractive setting, that he completely forgot the appointment. Now, if he had met the king he could have had access to the palace grounds at any time after that. But, he allowed himself to be diverted. So it is with many on the spiritual path. They start out right, with good intentions and worthwhile instruction. But, along the way they forget to go all the way and realize God. Instead, they become

fascinated with phenomena and they pass from this incarnation having missed the goal of life.

There is plenty of time in eternity to explore every facet of the universe . . . but, first things first, now is the time to realize the Truth . . . God . . . your Self.

Some Suggestions

It is not a bad idea to read some good basic books on psychic phenomena in order to gain an intellectual grasp of the subject. It is also recommended that you study some authoritative metaphysical books, dealing with the creative use of the mind. After all, through the creative use of the mind we control both the astral and physical forces. Then, it is important to strive for spiritual awakening so that you come to the place where you live by grace . . . consciously in harmony with Life, according to your clearest intuition.

When you are thus awakened you will not be deceived. You will understand people, the world in which you live, scriptures and meaningful writings. *Self-realization means realization of all there is.*

There is so much to do in this world! Why waste time dabbling in the fringes of the psychic realms when we *can* have the whole thing . . . when we can be free! Why waste time proving survival of the personality or anything else when millions in this world have not even been told of the Way to freedom?

This is, after all, our major reason for being in this world . . . to become self-realized and show others the way to self-realization. All else will fall into place quite naturally if we do our utmost to know the Truth.

Many people spend time investigating psychic phenomena because it gives them something to do, it takes their time, is a social activity and makes them feel

they are learning something. It often is an escape from the business of living life to the full and from the responsibility of experiencing enlightenment.

How much time do you have left in this incarnation? What are you doing with it? Think on these things. Aside from fulfilling our personal responsibilities, all else can wait . . . but the quest for self-realization cannot wait!

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"Today, I resolve anew to be self-disciplined and to make greater strides on the path to ultimate enlightenment. I resolve to understand the psychic realms but to pass through them and stand firmly in the realization of my True Nature."

CREATIVE VISUALIZATION — THE SUCCESS SYSTEM THAT NEVER FAILS

Creative Visualization has been termed "the success system that never fails." It is a method which is powerful, result-producing and that enables anyone to take a hand in molding his destiny.

We all, at one time or another, mentally picture ourselves as having certain desirable experiences. The technique of Creative Visualization gives us control of our mental picturing and affords us the opportunity of mastering life.

I realize that some who read this have considered the pros and cons of "specific picturing" vs. "letting things happen." In using this method I am, of course, suggesting right motive and proper intuitive guidance. We are not to use this method merely to gratify whims or subconscious compulsions. We use this method to bring order into our world, once we are certain of the steps to take.

Creative Visualization Works For Any Goal

It does not matter what our goal happens to be, the steps to reach it are the same. First, we clearly

define it, then, in order; we believe it to be possible of attainment, change our attitude so that we inwardly accept it and actually reach the goal.

Only an unrealistic person claims not to want anything in this world. We all want something; a better job, more income, better health, happier relationships with others, mental ability, spiritual attainment.

To change conditions so that we move from where we seem to be to where we would like to be, we must make an inner transformation. We must change ourselves; our thinking, feeling and behavior. There is no other way. Inner transformation always reflects as outer change in conformity with the inner picture or image.

So, let us begin.

Four Essential Steps

Before we begin, let us inwardly accept the fact that *any reasonable experience can be ours.* Now, we are to work within the framework of the laws of this Universe, the laws of nature. We are to understand that everything we perceive is nothing but Consciousness formed . . . and that our personal world, our environment, is the projection of our subconscious belief concerning it.

Here is what to do: first, decide what you want to experience . . . what goals you want to reach, what changes you want to make in your life. Be clear about this. Many people never reach their goals because they are not clear on what their goals are.

1. *Relax in a quiet place,* in bed, on a sofa, in a large comfortable chair. Now, close your eyes and sink into a state of reverie . . . halfway between wakefulness and sleep . . . still conscious

enough to think and control your imagination but below the threshold of restless, conscious mind activity.

2. *Imagine, in your mind's eye,* a situation that would imply the fulfillment of your dream or the attainment of your chosen goal. Do not think, at this time, about how to make it happen. Just inwardly visualize a scene that would imply that your goal was already attained.
3. *Feel this to be true,* with all the tones of reality. To think about an experience but subconsciously feel the opposite to be true is to split the attention. But, feeling that your goal *is now attained* changes your attitude . . . it makes "then" . . . now . . . and "there" . . . here. In other words, you should live in full possession of your goal . . . now. True to the inner picture and to the sense of feeling.
4. *Go to sleep.* Either sleep the night through or take a nap for a few minutes. This seals the experience in your consciousness as an actual experience and as far as your subconscious is concerned, you have already experienced that which you have envisioned and felt to be real.

Is This Wishful Thinking?

We are not kidding ourselves when we use this method. We are merely implanting the picture of success and attainment in the subconscious to replace the picture of failure and frustration. The subconscious does not know the difference between a picture recorded in it as a result of experience or imagination. It accepts whatever we record there and the reaction is automatic.

Now, What Do I Do?

This is the next logical question. What do I do now that I have established the picture, with feeling, in my consciousness as a fact? Do one of two things, according to your intuitive guidance. Either take constructive action or, if you do not know what action to take, do nothing . . . except to maintain the "belief" that your goal is now reached . . . your dream is now materialized . . . even if there is no sense evidence to support the belief and the feeling. When you do this, you are living by faith; seeing things as you wish them to be instead of as they are as of the moment. And, since ends run true to origins . . . and since the origin of all personal experience is within our mind and consciousness, having established the new inner picture, and holding fast to it, not wavering or doubting, we soon begin to see things happening to us and around us to change our world to conform to the new picture we believe to be true about ourselves.

There it is. It is simple and produces results. You do not have to believe it because I say it is true . . . try it!

I know of people who attract desirable friends, money, books, business opportunities, etc., . . . merely by "believing" that they are worthy of such experiences and happenings. Their new mental attitude causes them to see opportunity and to see open doors where before only closed doors were evident.

Use this method to put order in your life instead of blaming misfortune on karma or the ignorance of other people. The first step in the direction of bringing order into our environment is to accept the fact that we alone are responsible for what we experience. Think of the freedom this brings! Never again do we have to

be at the mercy of another person. Never again do we have to claim that circumstances are the cause of our limitation or, on the other hand, our free expression.

Use This Method to Attain Spiritually

Is your main goal enlightenment? I hope it is. Then, use this method to see yourself as being enlightened. Or, use this method to inwardly envision a friend whom you trust telling you of their joy at beholding your rapid spiritual progress. Then, see what happens. You will be led to the right books, the right people, the right teaching. You will find that darkness vanishes from your mind and a new sense of purpose takes over. You will find that your intuition awakens and marvelous insights flood your consciousness. With the change in your self-image, there will be a change in your total life experience.

Over the years I have known hundreds of people on the spiritual path and I have noticed one thing . . . the people who made rapid spiritual progress were the ones who believed they would because they were worthy of it! The people who have not made spiritual progress are the ones who never felt they had a real chance or they were not "ready" for enlightenment. It boils down to one thing . . . our success in any venture depends upon whether or not we have a will to win. A "winner" will succeed at anything to which he sets his hand. A "loser" somehow never seems to make the grade . . . whether striving for the things of this world or for spiritual unfoldment.

What is needed is an adjustment in attitude and a willingness to leave the old ways and the old thoughts and feelings behind. You cannot have new experiences

if you are the same old person. Sameness within means sameness without. There has to be a change within before the outer pattern will reflect it.

Be impersonal in using this method of Creative Visualization. See and feel yourself to be in the possession of your dream and let the right people and the right situations come forth as part of the overall picture. Do not visualize specific people doing specific things. This is sorcery, even if it is possible to do. Bear in mind that when you work impersonally, your dream will come true and all with whom you are associated will be blessed also.

For a more comprehensive understanding of this technique, read the two chapters on Creative Imagination in my book, "Secrets of Inner Power" and also the last chapter in this book.

Then, begin with small things . . . things you can easily believe to be true, until you gain experience and build confidence. Then, the doors will be flung wide open and there will be nothing to limit you, ever!

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"If there is anything that I ought to do about my life's experiences, I accept the action, and know that I receive guidance and am impelled to act intelligently. Therefore, I am at ease and am ever self-assured. I live by faith and not by sight, knowing that the Divine Intelligence is even now working Its goodwill in my life."

THE DOOR TO INNER WORLDS

To live the true spiritual life we must learn to move through the door to the inner realms. We must learn to become inwardly aware of our true nature and work from this awareness instead of working from the conscious and subconscious mind level.

Unless we become aware of the great power within, we will only be using a fraction of the power available to us. The soul, which is Spirit individualized, is like a wave on the ocean of cosmic consciousness. The wave has all of the power of the ocean behind it because the wave is the outer expression of the ocean. So, the soul has all of the power of Spirit behind it because the soul is the outer expression of Spirit.

Sense of Separation is Cause of Limitation

Man feels himself to be limited because he believes himself to be separate from Life. This is the great mystery. For incarnations people strive to attain union with God. This is not necessary because the soul is already a manifestation of God. All that needs to be done is for the soul to erase the sense of being separate . . . which is the cause of ego.

Self-discipline plays a part here. From now on we are never to think in terms of being apart from God. We are never to pray to God as though God were another entity with the power to give or deny blessings. To the degree that we can relax the conscious mind and accept our basic God-nature, to this degree can the full power of Spirit have sway over our lives. Our attitude should be, "I of myself can do nothing." "Spirit, manifesting as me, works Its good will in the world."

There are seven levels of soul unfoldment and the fourth level is when the soul awakens to the area beyond the mind and intuitively realizes its nature as a soul. Before this, at the first level of material consciousness, the soul is sense-bound and lives in a narrow world of limitation. The second level is when the soul awakens partially to the understanding of how the mind works and becomes conscious of subtle forces in nature. Here is when a person begins to investigate spiritual things and yearns to know more of the Truth. At the third level we find our accomplished metaphysicians and mental scientists who can objectively use the mind to change conditions in the outer world. But, all too often at this level a person is still working as though he were an independent unit of life in the ocean of Spirit.

He often works for personal gain alone or works to gratify subconscious desires or to compensate for a sense of inner lack. Regardless of how efficient we become in the use of metaphysical principles, if we are not Spirit-oriented, we are living only half a life and will never know true fulfillment. The understanding of, and use of, metaphysical principles is a step in our unfoldment, but only a step, which should be reached and then passed by.

Two Keys to Success

You already know of the laws of the spiritual life. You also know how to use intuition properly. Now, the two keys to making the successful move through the door to the inner worlds are meditation and the correct mental attitude.

Meditation, properly practiced, will make you aware of your true nature and of your relationship with the ocean of Spirit, of which you are an expression. After meditation, when you clearly perceive this truth, you can go forth into your world with the attitude that the Infinite is expression through and as you, always.

In this way, you will find your right place in life, receive inner guidance in all that you do and find that the great power and intelligence of the universe is having full expression. You will be more purposeful, think more clearly, enjoy greater health and better relationships with members of your family, your friends and associates. You will find that Spirit pours forth into manifestation in this world, through you. You will be doing your part to bring the kingdom of heaven to earth.

This is how heaven is to be manifested in the world. As we see this greater expression of Spirit, the mass consciousness will be cleared and people as a whole will be spiritually uplifted. This is the divine plan, that all souls will eventually be awakened and become God-conscious.

So, meditate regularly until you lose your sense of being apart from God. Become aware of Being. You are That. You know life eternal. This is Reality.

Then, come to your senses and function in the world as a God-conscious being. No outer effort need be made to become spiritual. Of course, you will want

to put order in your life and be moderate in all things. But, other than that, fulfill your obligations in the world with the right attitude, and you will find strength that you never knew before.

True Renunciation

Krishna, in the Bhagavad-Gita, informed Arjuna, "Near to renunciation is one who renounces forever the belief that he is separate from God and that there is anything of this world which is not of God." Such a person sees that "All things were made by Him and without Him was not anything made that was made."

A person can function at any level of society and still be a renunciate. He may be a worker in a plant, a cab driver, a teacher, a salesman or a business executive. As long as he works with the idea of rendering service and with being an expression through which the Divine fulfills Itself, he is free. This is the secret. There are men with great responsibilities who work with the right attitude who are true renunciates. While there are people with no possessions and few responsibilities who inwardly crave experiences and attainment and who are spiritually blind. The scope of our activity in this world is no indication of inward freedom. The determining factor is our attitude alone.

One who is spiritually free does not depend, ever upon outer manifestation for security or peace of mind. He sees all things as expressions of the One, in infinite variety. He is never deluded. He does not grieve, fear, grasp or selfishly control others. He performs his duties in this world as a God-conscious soul and is a blessing to the world.

Such a person works as God works; fully involved with a sense of responsibility, yet with the inward at-

titude and realization of the transcendental nature of Spirit behind all outer manifestation.

Suggestions

It is not the easiest thing in the world to move from the mental level to the spiritual or, intuitive, level. As we do this we are really moving from law to grace. From the level of initiating action to the level of letting the action be impelled from within. This calls for an attitude of inner listening so that we are intuitively led in all that we do. With intuitive leading we can then use the laws of mind to be effective in all of our activities. Not my will but Thine, is the secret. As we act in this way we will find greater fulfillment than ever before. We are not to deny ourselves and be left with nothing, we are to awaken to the realization of our real nature and find everything. Some people are afraid that when they relinquish personal desire they will lose some of the zest in life. But, the opposite is true. Rising above the limiting concepts of the mind and the shallow impulses of the subconscious, we move into an area of transcendent wonder and cosmic vision.

But, this step must be taken alone. No one can do it for us and no one can come along to keep us company. It is truly an inside job. We will meet with friends along the way who have made the transition, of course, but from now on our life is lived in the realization of who we are and in relationship to our larger Self.

It will be helpful to remind yourself that this move in consciousness must be made eventually . . . so why not make it now? For incarnations you have been seeking, perhaps stumbling, perhaps with occasional awakenings. Now, the time has come for the major

step which will banish all sense of limitation forever and enable you to take your place among the gods.

The Test of Attainment

You will know when you have arrived by examining your attitude about life. When you move through the door to the inner kingdom you will stand in the world of cause, of which the world perceived through the senses is but a reflection. You will never again think in terms of getting . . . for "all that the Father has is yours." There will be no more thought of lack or limitation. Is not Spirit all in all? Is there any lack or limitation, any increase or decrease in Spirit? There is not. Cannot Spirit, expressing through you, fulfill Itself as health, prosperity, right action? It can.

But what will you do now that the striving is over? Now that you have moved into the proper realization? You will see only solutions instead of problems and you will work to enlighten the world. You will render constructive service to others and see all people as spiritual beings, which they are. You will serve. This is the mark of one who is illumined. Having attained the supreme vision he works for the good of mankind. There is nothing else for which to work.

As time goes on, you will find that there is no end to the depth of realizations. You will move from glory to glory. You will stand as an example to others of what the true spiritual life really is. You will know that you, yes . . . you, are the way, the truth and the life.

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"This day I relax the conscious mind and release all concepts, desires, personal

dreams and vain imaginings. I release guilt, regret, resentment and prejudiced feelings. I transcend the mind and come to the clear realization of my spiritual nature as an expression of Life. As the wave is to the ocean, so am I to the infinite reality of Spirit."

10

THE LAW OF MIND

Every Truth student should fully understand the nature of the mind and should know how to use it effectively. So, let us examine the mind, the laws which govern it and how to use them.

The Mind — A Magnetic Field

Throughout the universe there exists a magnetic field which we will refer to here as Universal Mind. This Universal mind is the creative medium through which Spirit is able to manifest all forms in creation. Now, Universal Mind is not Spirit, for Spirit is the transcendental Reality which is beyond duality and in which there are no conditionings. It is self-complete and forever at rest. But, in extending to appear as creation, it first manifests as Universal Mind.

Just as we are, as souls, individualizations of Spirit, so our minds are individualizations of Universal Mind. And, for us the mind is a creative medium which enables us to function in this world. We are in tune with Universal Mind because our mind and Universal Mind

is one and the same thing, except our mind is individualized.

Different Degrees of Conditioning

The conscious mind level is that level used when we are alert and aware of our surroundings. Through this level we think, observe, compute, draw conclusions and make decisions. The subconscious level of mind is the storehouse of impressions where we file away our information and memories of experience. The superconscious level is the level of clear, unconditioned mind and when we are identified with it we see clearly the Reality of Spirit, even while in the body.

Through the superconscious level of mind flows inspiration from the soul, which can know all there is to know.

Creative Use of the Mind

Into the mind, this magnetic field, we can place pictures, which if not neutralized or modified, will manifest in our environment as experiences or events. This is how the mind works. Whatever picture remains in the mind, since the human mind is attuned to Universal Mind, tends to cause Universal Mind Substance to form about it.

Now, we never really create anything. But, we can, by using the mind wisely, form the substance of this world according to our desire.

With this understanding we gain mastery over our lives. And, of course, we are to always receive inner guidance first, before using the mind, so as to always shape the world in the proper fashion.

If you will examine your private thoughts and your

constant mental attitude I am sure you will notice the connection between your thoughts and your attitude in relationship to your general order of experiences. Truly, the world without is but a reflection of inner beliefs and attitudes. If we do not feel that our world is, at this time, harmonious or properly arranged, we have but to change our believing about it and see a transformation.

One of the hardest things for the average person to do in the beginning is to stop believing that outer appearances are final and impossible to change. In using the mind creatively we must cease resisting outer conditions and renounce them completely. Only when we renounce and release undesirable conditions and situations and, instead, inwardly see and believe what is truly desirable, can a change take place. Our inner picturing is cause; the outer happening is effect. This is the law . . . as within, so without.

Self-discipline is extremely important. We must not hypnotize ourselves with the belief that "things are impossible to change." Our attitude should be . . . "all things are possible."

But, it begins with the mental image we have of ourselves. If we see ourselves as capable and worthy of the best, we will be in a good position to take command of our lives. If, on the other hand, we see ourselves as weak and not worthy of fulfillment we will subconsciously create conditions which will reflect as problems in the outer realm.

What Do You Think of Yourself?

It all begins from where we are in consciousness. What we believe to be true for ourselves is the law unto our lives. It is this simple and basic. Do you feel

guilty and therefore in need of punishment? Are you filled with regret and resentment? Do you believe that others are working against you? Do you feel that suffering will make you spiritual? Do you feel that you must work out your karma? Your opinion of yourself makes all the difference as far as your ability to use the laws of mind creatively.

You know that you should meditate and come to the realization of your divine nature. A divine being is worthy of the blessings of life and a divine being should be a clear instrument through and as which Spirit fulfills Its purpose in this world. So, learn to operate from the proper standpoint. Not only is it your opportunity but it is your responsibility.

The world is full of Truth students who are still wrestling with appearances, with problems and undesirable conditions. And, there is no real excuse for it! Resolve now to put order in your life and to be the person you were meant to be by using the mind intelligently and creatively.

You Are Worthy of the Best

If we are to function in this world effectively we should be able to make full use of our abilities, without restriction. We should enjoy good health; we should be able to get along with people; we should be able to intelligently use the substance of this world so that we are adequately housed, have good transportation and plenty of money. Whatever we need in order to express freely, we should be able to command.

We were not meant to be in bondage. We were meant to be free. Only when we are free can we work creatively for the good of the world. Is a divine being limited? Should you be limited?

You already know that all activity should be unselfish. We are not to use the mind to control people or to take advantage of them. We are to use it to bring order and harmony on the scene.

There is no limit to what Universal Mind can do as a result of your proper thinking and believing. And, unless people think properly, Universal Mind has no pattern about which to form as the needed things of the world. You are responsible for what appears in the world as far as the needs of human beings.

If you begin to believe (hold the mental picture) in prosperity, you will receive creative ideas, find your right place in life and literally attract money and all needed things into your life. Do not think in terms of money only when you start maintaining the prosperity attitude. Just "see" yourself as possessing all things needed for free expression. Then keep your eyes open for opportunity. Learn to maintain an attitude of expectancy . . . balanced with receptivity. Expect your blessings to flow and be able to receive them graciously.

If you begin to believe health, you will be led to take the proper food, exercise correctly and release tension so that the creative forces can flow and bring all necessary adjustments into manifestation.

As you begin to accept right relationships with people you will rise above the personality level and release people who are not in tune with you and, instead, attract people with whom you can work effectively.

Your Mind and Universal Mind

Whatever form you maintain in your mind, since you are in tune with Universal Mind, will attract to it what is necessary for outer expression. The moment

you hold a clear picture of what you want to see come forth, at that moment, the right people and the right circumstances begin to flow in your direction in order to fulfill the picture.

The proper understanding of this basic law of mind tends to awaken us to the realization of cosmic consciousness.

Man is the instrument through which the Divine Will is expressed. Therefore, when we are in tune with life and intuitively led in all that we do, we will automatically use the mind correctly and without creating painful or restricting situations. Only blind use of the mind creates pain. Intelligent use brings forth happiness and fulfillment.

Note: It will be well for you to study the book, "Secrets of Inner Power" to gain a more comprehensive understanding of the principles here set forth.

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"Today, I make intelligent use of my mind, knowing that it is an individualization of Universal Mind. After receiving inner guidance I think clearly, believing what is good and true, paying no attention to distorted outer appearances. In this way, Universal Intelligence, through me, flows into expression to bless the world."

HOW TO MAKE YOUR PRAYERS EFFECTIVE

"Is there a way," you ask, "to make prayer effective?" There is. And, we are going to explore the science of prayer together in this lesson.

Millions pray in a hit-and-miss fashion. To them prayer is routine. Something they "ought" to do or a practice which is "expected" of them as Truth students. Or, they "worship they know not what."

Now, prayer is a scientific method of controlling the mind and attention so as to create the proper inner condition which will result in the desired outer effect. Successful prayer depends upon our ability to adjust our attitudes and beliefs. This is the secret of effective prayer.

Scientific prayer has nothing to do with trying to persuade God to make an exception, change laws or do anything for us. To pray in any of these ways is to be superstitious. And, supersititon must give way to enlightened understanding if we are to freely work with universal law.

The Law of the Mental Equivalent

You have already learned of the law of the mental equivalent. This law is the determining factor of our lives. Whatever we truly believe tends to come true in our personal experience. When we pray we are really changing our attitude and our belief so that we move from the belief and conviction of lack to the belief and conviction of "having." Whatever we pray for, believing we have it, will manifest without exception. Can you accept this?

In lesson number eight you learned of the technique of creative visualization, the method which makes all things possible. This is really scientific prayer at its best. Of course, the time comes when we do not need to take the time to use the method, we just "know" whatever we desire to be true of ourselves and it is as good as done. When we pray we are not to ask for favors, we are to change our point of view and then live in the new point of view. So, reread that lesson and consider it a part of this one.

It is extremely important that we change our "self-image." A while back I visited the little church I used to attend as a boy in Ohio. This is a fundamental church with much emotion, fellowship and testimonials taking up the better part of the Sunday morning worship service. I saw people, after almost twenty years, still going through the same motions. They were religious, but they had not gained any real insight after all these years of sincere and prayerful effort. So long as we maintain our "self-image" of being sinners, unworthy students or limited because of past training and experience, so long will we fail to see any worthwhile results from our efforts at prayer.

We Pray According to Our Understanding

People at the first level of soul unfoldment, the level of material consciousness, pray without knowing understanding. They ask blindly of a God they do not comprehend. Those at the second level tend to do likewise or to pray to deceased relatives or to "invisible" saints or masters. They feel that a person who has gone on can act as a go-between with them and God. They satisfy themselves with the idea that by a sort of mental telepathy they can contact a soul who is more awakened and get it to run errands or work the law. At the third level, where we find the accomplished metaphysician or student of mental science a person uses the law of the mental equivalent or the technique of creative visualization. Beyond this a person lets "God's will be done" at all times, content in the realization that spirit knows best in all matters. Beyond this a person awakens and knows that he lacks nothing and therefore, there is nothing for which to pray. He stands in the recognition of heaven, where all is provided. He knows that "all that the Father has is his."

How Long Should We Pray?

We can learn from our orthodox brethren in this respect. We should pray until we have bridged the gap between unbelieving and believing. Until we feel a sense of release and fulfillment. Then, we should go forth with this new conviction and "see" what is true and "feel" what is true, to our new sight, in spite of anything that is revealed to us through the senses. This is the meaning of walking by faith. After we have come to the realization, inwardly, of the new and

desired condition, we should think, feel and act as though it were true without reacting to any outside appearance. After all, outer appearances are but reflections of mental images, are they not? So, are we going to live in the consciousness of fulfillment or in the consciousness of lack and limitation? This is the question and it must be answered. How will you answer?

We are not separate from God. Our belief that we are separate is the cause of all of our problems and misfortunes. When we believe we are separate from God, we pray in a beseeching manner. When we know we are God expressing in this world, we lay hold of our rightful estate as children of God . . . as sons and daughters of God! Read the New Testament and gain insight into this point of view.

Should We Pray For Things?

When we are impressed with the sense of what we are lacking in our lives, we tend to pray for specific things or situations. Really, we should pray for Self-Realization, knowing that to the degree that we know our real nature, to this degree "all things will be added." But, we are not to pray for specifics. Not if we are on the spiritual path. Because we are likely to pray for what we think we want or what the subconscious urges make us feel we want or need. If we are on the true path we should pray for only one thing . . . Self-realization.

When we pray properly we pray with the conviction that when we are awakened we will "possess the land." We will see that we are already basking in the riches of Life. Now, this is a big step for anyone to take, but it must be taken eventually. There is no use in

putting off what must be done. Our destiny is to awaken to the realization of our true and eternal nature . . . as God. Nothing else will satisfy.

So, let us pray as Jesus prayed, "Father (Absolute Being) glorify me with the glory of thine own self, with the glory which was mine before the world was." This is the highest and purest prayer of all. This kind of praying will take much time and many hours of perfect concentration, but it is the prayer method which will result in the highest realization. So, think about it and begin to pray "aright." Begin to pray as the Master-teachers pray. Not for things or for outer effect alone, but for God's grace.

What About Affirmations?

Some people have been trained to use affirmative prayer. That is, at the outset, they begin to affirm, verbally or mentally, a situation or a level of understanding which they desire to be true in their lives. Affirmative prayer is all right if properly done. We should not affirm with the thought of changing our subconscious conditioning while working from a conscious-mind to a subconscious-mind level. We do not always know, at the conscious mind level, what is best for us. If we use an affirmative prayer such as "I now realize that I am a child of God filled with light and power" or "I am light and I am life. I am an immortal being," this is in Divine order. We are then praying for the right thing. We are praying to know our true nature. The knowledge of our true nature will automatically reflect as harmony, fulfillment, right action, peace of mind and prosperity in all situations. In using affirmations we should take one that is a statement of what is really true of our-

selves and then contemplate it until the realization breaks forth upon the shores of our consciousness. This is a positive approach and the results are extremely worthwhile.

If we are not careful, our prayers will be sorcery because we are trying to change conditions to suit ourselves or we are trying to change other people according to our beliefs about what they should be, or be doing.

Scientific prayer brings release. It results in an awareness of freedom. We find that we are in tune with Infinite Intelligence and working in accordance with the Cosmic Plan. The results of scientific prayer, effective prayer, are wonderful, liberating and grand to behold.

Remember, when you pray, unenlightened people pray almost exclusively for things and a change of conditions. Partially awakened people pray superstitiously, calling upon "spirits" and recently departed friends, relatives and presumed saints. Nearly enlightened people attune themselves to the gods or the truly aware souls. Self-realized souls rest in the awareness of God. These are the different levels of understanding and the different methods of prayer.

You can, if you wish, pray in the highest way of all because you are a Divine Being . . . now. You are THAT for which you have been questing for incarnations. You are already God . . . pure Being, consciousness . . . existence . . . absolute bliss. This is your real, unchanging nature.

Do not feel bad if you cease to pray, and instead, spend more time in the deep silence where the great truths are revealed. This is progress. This is evidence that you are awakening and coming into the awareness of who you really are. Rejoice and be glad!

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"Today, I pray the highest and best prayer of all. 'Father, glorify thou me with the glory of thine own self, with the glory which was mine before the world was.' I know as I pray in this manner that doors of perception will be opened and darkness will fly away, new insights will be gained and my real destiny will be clearly revealed."

12

LAWS OF ABUNDANCE

Hundreds of books and thousands of articles have been written on the laws of abundance. These are read by people who seek to learn how to improve upon their conditions. Yet, as we look about us and observe the lives of countless metaphysical students, do we see many prosperous people? Why not? Why, in spite of the many explanations, do we find it so hard to manifest abundance in our lives?

Now, in speaking of abundance I am not speaking exclusively of money. I am referring to an adequate supply of all things necessary to a full, rich life.

The world contains all man needs for his convenience. It is available if our mental attitude is properly adjusted and we learn how to appropriate what we need. This is a secret, the adjustment of the mental attitude and the intelligence to appropriate needed things and use them wisely. Some people cannot adjust their mental attitude to the place where they feel worthy of having abundance in their lives. They are playing the game of "I never have enough of anything." In this way they can be irresponsible, attract attention and gain sympathy from others. There are those, of course, who have been trained from their

early years to think only in terms of lack and limitation. They are conditioned to believe this way. It is their "karma." But, conditionings (karma) can be changed. We do not have to remain a victim of subconscious patterns.

What do we think of ourselves? Are we worthy of abundance? Are we worthy of happiness? Are we worthy of being loved? These are questions which require honest answers. So, think about them seriously. Do we feel that "money is the root of all evil?" It may be that we have forgotten the correct statement, "the *love* of money is the root of all evil." The love (attachment to) of anything is bondage. But, we can be attached to any number of things and be just as much bound.

True Origin and Nature of Things

"All things were made by him and without him was not anything made that was made." So, all that we behold through our senses, every material thing, is really consciousness formed as we behold it. Nothing in itself is good or evil. It is up to us to learn to make wise use of the symbols and forms of the world. This is our personal responsibility and will enable us to master ourselves. The plants that grow and give forth fruit are good for our bodies, the water we drink, the materials used in shelter and for transportation, all are formed of the same basic substance. How we use the things of the world is the determining factor for us.

Money is a medium of exchange. We render service and we are paid in service — units or dollars. We exchange these units for what we desire, so money is a convenience. Nothing more and nothing less. Most

people work hard for their money. They exchange time and effort for the money they earn. Now, are you making wise use of your money (life) or are you wasting it? Are you working merely to provide for your body or are you spending a portion of your money (your life) to spread the message of enlightenment so that, at least, part of your life is lived for the good of mankind?

The Impersonal Attitude

Now, our blessings do not come from anyone. They flow from Life Itself. But, on this level, on earth, money, service, products, etc., flow through people to us unless, of course, we are working the land or mining it. Still, it is impossible not to admit that we must receive some of our services through the efforts of other people. This is one reason why we should be on good terms with all people. Not because we want anything from them but because the Infinite works through us all so that the needs of people are provided.

First of all, the mental attitude is important. Can you adjust your attitude so that you inwardly know that the Infinite is appearing as people and as the things of the world? Can you realize that, as a soul, an individualization of Spirit, you are automatically assured of being supplied with all that you need if you can but remove the mental blocks? When you realize this the Infinite will arrange things in your life so that It, as you, is abundantly supplied.

Being practical now, what kind of service are you rendering to other people? What are you supplying them? Are you just taking from life or are you creatively involved in rendering a worthwhile service? If

you are rendering a service you should be compensated for it. A person who is in business to make money, without thinking of rendering a worthwhile service, will not be happy or fulfilled. A person who renders an unwanted service will fail. A person who renders a worthwhile service but who feels unworthy of accepting compensation, will likewise fail.

So, if it is abundance you want in your life, and you should desire it, what service can you render in quality and quantity? How can you best be an instrument through and as which God can bless the world?

When you get an idea about the service you can and should render, realize that the Divine Intelligence which prompted the idea will also show you how to prosper, if you leave yourself open for guidance all along the way. Yes, formless Reality takes form as this world. The mind is the master-molder of raw materials. We can take the materials provided by nature and fashion anything our mind can conceive. And, we are free to do it. We ought to do it!

Selfless Work is the Answer

This is a subtle thing, this working selflessly. We are to engage in productive action and take joy in the action itself and perform it because it is right and good, not because we serve to gain only. If we perform right action, render a needed service, and feel worthy of adequate compensation, we will know abundance. And, we will have peace of mind because we will know we are in our right place in life. We will be happy and healthy. We will enjoy beautiful relationships with other people. Every aspect of our lives will be well-rounded.

There is nothing wrong with visualizing success,

happiness, creativity and abundance. But, soon we must move into the full awareness that it is ours. We must synchronize our thoughts, feelings and actions and remain at the level of full realization. When this happens we will naturally express the more abundant life and it will be easy. There will be no strain. Too much "positive" thinking and too much prayer, "treatment" and inner work is an indication of a subconscious belief in lack and limitation. We are to move freely in the realization of abundance. This calls for self-discipline. This means we will have to monitor our thoughts and feelings so that we do not speak, think or feel lack or limitation. All of the positive thinking in the world will not cause us to be successful if we subconsciously think and feel limitation. Or, if we try to justify our limitation by saying it is due to a karmic condition.

Along with selfless creative activity we must also keep our world in order. We should learn to schedule our time and arrange our pattern of living so that order and purpose is clearly evidenced in all that we do.

Just think, the great Infinite Life is appearing as this world in lavish abundance! Think, also, how wonderful it is that man has the ability to adjust his mental attitude and accept success, fulfillment, right action and prosperity . . . if he only decides to do it! Formless Mind Substance is constantly forming as the things of the world. How *It forms* depends largely upon us. As the environment we live in is the reflection of our mental imagery, we see how important it is to maintain the right thoughts and beliefs always.

Man is God's body on earth. It is through man that the Infinite Will can be expressed. Without man the world would exist, of course, but civilization would

not. We have in our power, while we are here, to arrange the world in an orderly manner and form conditions so that our life is easier, giving more free time to pursue the higher things of life, to create a desirable environment for those who are to follow us into the world. What a marvelous opportunity! And, what a shame if we should let it pass.

Remember, we are not in this world to merely, "get by." We are here to attain self-realization and to do God's will. The greater our ability the more good we can do. The more we can handle of this world's substance, in a manner which is wise and prudent, the faster God can create, through us, a worthwhile civilization. The easier it is for us to live in the consciousness of abundance, the more time we have for educating and awakening others. We are not here merely to feed and clothe the body. We are here that the Infinite might be glorified through us. Let us give thanks, therefore, for the abundance which is already ours. Let us learn to see through problems, banish obstacles, erase all sense of limitation and express ourselves as we were meant to express.

Read these lessons, study the books, be established in the consciousness of your Real Nature . . . then take upon yourself the regeneration of the world.

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"Today I am established in the clear awareness of my soul nature. I know that I am God expressing in the world. Therefore, I am free, healthy, happy, prosperous and productive. I give thanks and I rejoice."

13

ERASING THE EGO

What is the number one barrier to Self-realization? To be direct and to-the-point, it is ego or the *sense of separation.*

All of our efforts on the spiritual path are designed to bring us to the place where we erase this sense of separation. You will recall that we are not, on the spiritual path, trying to build a spiritual consciousness, earn the favor of God or learn through experience. We are trying to awaken to the realization of our real nature.

Our Origin

Ages ago, when we first became involved with creation, it was an orderly process. The soul is a ray of Spirit which is surrounded by a magnetic field composed of dual polarities in which we find Feeling, Ego, Intellect and Mind. From the aura-electricities emanate and produce the causal and astral bodies. Then, the soul takes on a physical body. And, this is where we find ourselves now.

The way to God-realization is to flow the attention back to the Source and rise above or transcend everything that is not pure Being.

Early on the path we learned the importance of letting go of selfish craving; in other words, of controlling feeling with reason. We also learn the importance of using the mind intelligently, so that, while we use it as creative medium, we always make wise use of the mind so we do not create binding personal situations for ourselves.

We are, as human beings, a combination of body, mind (including all of the subtle counterparts) and Spirit. As an ordinary person, in tune with mass consciousness, an individual is a Son of Man. When he awakens and becomes a conscious knower of Truth, he is a Son of God. This is our challenge on the spiritual path, to "raise up" the Son of Man.

The Way

Jesus said, "I, of myself, can do nothing." This recognition spells the way to freedom for all of us. The ego, the sense of separation, can do nothing. Even though it appears that a person works, acts, experiences, et cetera; really it is the One Life flowing through into expression. This Life flows freely or with modification, depending upon whether we are awakened and egoless or whether we are conditioned and unaware.

Here is a plan of action. From this moment on, try to do everything with the attitude that the One is doing it through you. Try "letting" instead of "making" things happen. Who and What is the Source of all manifestation? What is running this cosmic drama? Do you and I have a life of our own, anyway? Or, are we but God in expression?

Yes, to a point, man has free will. He can determine whether to relax and surrender to the will of the Su-

preme or he can willfully follow personal inclinations. But, happiness is to be found in the former conditions. Our greatest fulfillment is sure to come about as a result of absolute surrender to the Divine Will.

When we do the work we feel led to do, rendering a worthwhile service in this world for the good of man, we feel that we are a part of the Cosmic Plan for transforming this world. This, at once, relieves us from petty concerns and personality conflicts. We are no longer ego-motivated and we find our satisfaction in working in the realization of God. If we are in our right place and doing that for which we have come, we will not be moved by either praise or blame. We will not react to temporary obstacles on the path. We will not give way to depression when we see how slowly the masses seem to awaken and how few people in the world, compared to the billions here, are concerned with the spiritual matters.

We merely do our work because it is ours to do, knowing that the Infinite Intelligence, which is guiding this whole process, knows what it is doing.

This selfless action is called karma yoga . . . or "the way to God-realization through selfless action." You see, the secret is, instead of trying to please God, we relax the conscious mind and "let" God, Divine Life, express through us as It wills to do so. We become true renunciates. We see everything as God in expression.

I learned this years ago and it is a way to peace of mind. When I began to lecture and conduct classes in various cities ten or fifteen years ago, I sometimes realized outward success and sometimes I did not. But, I learned that if I was going to carry on, if I was going to be free of anxiety, that my job was not to try to force response from people but merely to do

the best job I could to serve. My responsibility is, even now, to present Truth teachings as clearly as possible, make wise use of my time and resources and leave the rest to a Higher Power. It is not my place to be concerned with whether, at the moment, I appear to be successful or not.

You see, success and failure, health and sickness, wealth and poverty; these are appearances on the screen of life. They belong to the world of relativity. There is one thing that matters and that is to be forever anchored in the realization of God. This is the only thing that will bring happiness to us.

Years ago, I talked with Joel S. Goldsmith, the inspiration behind the Infinite Way movement. He told me that in his early days, even when he did the best he knew how, to be successful in his ministry, that sometimes the response just did not come forth. He was concerned about this. Then, the realization came; if he remained lost in God, which was his main responsibility, the outer things would take care of themselves. From that time on, gradually, he began to prosper, at least in the eyes of the world. But, to him, it was merely Consciousness unfolding in Divine Order.

What is Your Concept of God?

Your concept of God determines how easily you will be able to erase the sense of separation or, ego.

If you see yourself as being apart from God, it will be almost an impossibility for you to erase this sense of separation. But, if you clearly understand, at least intellectually, that you are, as a soul, a ray of God, an individualization of God, then you will be able to accept the possibility of wiping away your belief in

separation. Here is the truth; you are not a person trying to attain union with God, *you are God individualized, attempting to remember your real nature.*

You see, if we feel unworthy, if we feel we are not ready, we will avoid the effort to recall our Divine nature. Our forgetfulness of our God nature is the cause of all of our problems. Likewise, our remembrance of our God nature will result in the solution to all problems.

This is why I stress, over and over again, the truth about your basic nature. I could write endlessly of methods, techniques, philosophies and systems . . . and this would lead nowhere. But, I know that daily remembrance of our Divine nature eventually stirs the sleeping soul memories and results in Self-realization.

God is filtering through our mind, nervous system, body and entire being. God-perception is perceiving through our senses. But, being outwardly directed and filtered through the astral and physical bodies, God consciousness is screened and distorted. When we are able, by reversing the flow of attention, to get behind the senses and behind the mind, we consciously know the Truth about That which is the Sustaining Power. We know ourselves as God. This is what happens when we erase the ego.

We Must Die to the Outer

To experience God, we must literally "die" to the outer world. And, we must, as St. Paul did, do this daily. This does not mean that we will become "otherworldly" and irresponsible. It means that we will function from a different point of view. We will see that instead of being a body-mind complex, with God

somewhere in the background, we will know ourselves as God, working through the mind and body.

Only by becoming true renunciates do we know peace; as we cease believing in the reality of things and instead, see things as reflections of ideas; as we are ever reminded of the basic principle, "All things were made by Him and without Him was not anything made that was made."

A dedicated Truth student does not cling to anything in the outer world. We may, of course, associate with groups and organizations, as long as they serve a useful purpose. But, we will not take pride in belonging to an organization, a movement, a group, a race or a family. As we become true renunciates we give up selfishness, greed, possessiveness, pride, prejudice. We also release feelings of unworthiness, regret, resentment, guilt and fear.

Instead of trying to "work through" these things we merely shift our attention and awaken to the realization of our God-nature and see that these things were merely products of ignorance. When we awaken from the dream of mortality we also realize that all products of the dream vanish. They had meaning only while we were dreaming.

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"Today, and from now on, I naturally relax the conscious mind and rest in the realization of my True Nature. I know I am God individualized and that I work through the complex of Feeling, Ego, Intellect and Mind. I work as God works, aware of the transcendental and the manifest, the absolute and the relative. In all

that I do I am God led, God inspired, God supplied. The same Intelligence which prompts me to act also sees to it that all things work together for good, effortlessly and beautifully so that the Divine Plan for the world might be fulfilled."

FROM LAW TO GRACE

If you are successful in erasing the ego, as explained in the last lesson, you will move from law to grace. That is, you will find, as you move through life from the awareness of your true Center that you effortlessly cooperate with the forces in the universe.

As this happens, the struggle goes out of life. You live in the awareness of the moment, spontaneous, alert, joyous and free.

This is the fourth level of soul unfoldment; after physical awareness, astral awareness and mental understanding. This is the "door" to the inner kingdom. Now, you are conscious of your Divine nature even while you continue to function in this world.

What Is Grace?

Grace is the spirit of God moving through man to regenerate and transform him.

When the Attracting Current of the universe, sometimes referred to as the love of God, begins to influence us, we are lifted above the world. The heaviness, the inertia, is neutralized and we begin to experience heaven, true fulfillment.

This is why it is so important for us to make every effort to meditate, contemplate and learn to be in tune with the Infinite. At first, it is hard to concentrate and break through to the superconscious awareness. It seems as though we are struggling to overcome a great weight and to become disentangled from the web of subconscious conditionings. While we are in tune with nature, we are in tune with maya, the Darkness or the fabric of creation, sometimes called the "sense of illusion."

This substance of nature, from which all things are formed, has two characteristics; it is form-building and it is truth-veiling. Therefore, a person in tune with it is deluded and cannot know the subtle nature of God. This is why people wander in darkness; because they cannot, in this condition, perceive the "Light which lighteth every man who comes into the world." This Light illumines all of us but until we are somewhat spiritually awakened, we cannot perceive it. We are not conscious of it.

But, as a result of initial spiritual awakening we begin to intuitively perceive the existence of this Light and we are impelled to seek out Its source. In this way we awaken and eventually pass through layers of consciousness until we realize our true nature as God. At this time, we become Sons of God. The Son of Man has been raised up and the purpose of human existence has been fulfilled.

Living by grace is a matter of our being *expectant and responsive.* It is not a matter of just refusing to

participate by renouncing personal desire and becoming controlled by subconscious karmic patterns. While it is true that even when we begin to live by grace there will be some time of working out the residue of karma, for the most part, we will experience a sense of buoyancy and creativeness. We will be alive!

You already know what to do to keep steady on the path; to be self-disciplined, study truth writings, meditate and rely upon the Infinite at all times. These are the basic things which keep us on the right track without fail.

A Glimpse of God-Consciousness is Important

After we have had a glimpse of God-consciousness, our real nature, we are, from then on, pulled irresistibly the rest of the way. This is why the mystics declare, "If man will reach up to God with one hand, God will reach down to him with both hands to pull him to freedom." The Magnetic Attraction will pull us to liberation once we have consciously become aware of Its workings and do our part to stop struggling.

Yogananda used to counsel his disciples to meditate at night before going to sleep in order to make some contact, or to realize some awareness of God. If we do this everyday, without fail, we will notice definite progress as time goes on. Sometimes it may seem as though unfoldment comes slowly. But, remember how long we have been involved in the world, remember how recent has been our awareness of our divine potential in contrast with incarnations of delusion. But, now the way is known and we can be thankful.

The idea is, to become more and more aware of harmony and right action and to learn to see the spiritual universe existing here and now, behind the

shadows of the world. As we learn to see this, the kingdom of fulfillment will emerge and "it will be on earth, for us, as it is in heaven."

Is it possible to realize this condition today, in a world where chaos seems to be so evident? Of course it is. Every great teacher taught that it was possible and showed the way for those "who have eyes to see and ears to hear."

While we should not try to move in the stream of grace merely for the benefits we will receive, beneficial results will be forthcoming as we become successful in our inner work.

We should see, more and more, problems solved, obstacles overcome, questions answered. We should see harmony in all of our affairs. We should prosper and be in health. We should have a wonderful relationship with people who are our rightful associates.

Often, when students try to live by the grace of God, they still have personal problems to deal with. This is not because God is testing them, (Do you, as God, test yourself?) but it is because they still harbor false notions about life. Such people may still feel they are unworthy of the blessings of life. They may still maintain, subconsciously, feelings of poverty, limitation and sickness. Our problems are not God's will for us. Our problems are due to our lack of understanding and this is the result of our incomplete realization of Self, or God.

The feed-down of Light and Power slowly but surely transforms our nature and adjusts everything. Can the wisest of men, working from the conscious-mind level, solve all of his problems and create a desirable subconscious pattern for himself? He cannot. But, there is Something that can do this. There is Something that knows more than we know and It is, even now,

knocking at the door of our consciousness, trying to work Its way into our lives. And, when we learn to let It, It will come in and do for us that which we could never do for ourselves. This is the great secret and the reason why the sages declare that liberation is the result of God's grace.

Now, some people who are still egotistical, who "want to do things their way," will resist the movement of the Divine Life. They will refuse to surrender their self-will, either because they are afraid that the Divine Will might be contrary to what they want for themselves or because they are bent on "proving" something to themselves. This is why it is so important to erase the sense of separation, the ego, if we are to make progress on the path.

What Does God Want of You?

You might ask yourself some searching questions; what does the Divine Intelligence want to do through and as you, what is the plan for your life, why has God individualized as you?

In the beginning, we see or hear of someone who is writing, lecturing, healing, etc., and we may say to ourselves, "I'd like to do that." But, perhaps the Divine plan is for us to remain in our present situation and fulfill our personal destiny. Perhaps the Divine plan is for us to assist others who are working to awaken souls. Perhaps we are to even change our entire way of life. We will not know what is right for us until we turn within and ask for guidance. We will not be fulfilled until we learn to respond, without question, to the guidance that we receive.

Moving from the level of "the law of correspondences" where we use metaphysical principles, to

grace, is not the easiest thing in the world. One man told me, who had a successful metaphysical practice, "Why, I can't change now, my whole life is tied up in the business."

Well, the change can be gradual. There is usually a period, when we change-over from forcing our desires into expression through metaphysical methods to letting God's will be done, when we are unsure of ourselves. We have to reexamine our motives. But, self-examination, if we are honest, will result in depth and greater self-realization. And, anything that assists us to gain a clearer insight and to awaken to the realization of our true nature, is worthwhile and should not be put off.

As we learn to live by the grace of God, we know a sense of security and well-being that could have never been ours before. We no longer depend upon anything external. We live from within, seeing the outer pictures as effects. Nothing in the outside world can move us when we are anchored in God. Come what may, we take everything in our stride, viewing the outer appearances as passing shadows.

A person who is able to live by grace has overcome the world. He has attained salvation, freedom while embodied. He automatically becomes a member of a spiritual brotherhood, those who know the secrets of God's plan for man. In this fellowship there are no organizational rules; there is only the spontaneous operation of the Laws which govern all of creation.

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"Resting in the awareness of my True Nature, I stand, anchored in God, observ-

ing the changing pictures of the world, knowing the cause of all happenings and the eventual destiny of all men. Moving in the stream of grace, I am, automatically ever about my Father's business. I rejoice in the freedom for which I had sought so long. Having lifted up the Son of Man, I know now that I am He."

15

THE WAY OF THE INITIATE

The way of the initiate is straight and narrow for it is the path which leads through every sense of illusion . . . to enlightenment.

To be initiated is to be introduced to a higher way of life, it is a spiritual rebirth in which we become aware of our immortal nature. Man, lost in the world, having forgotten his real God-nature, must be awakened and shown how to clear the mind and consciousness. This usually comes about as a result of our meeting someone who is spiritually awake and who can show us the way. This spiritually awake person, with the responsibility of introducing souls to God, is the guru.

A guru is more than a teacher because besides imparting instruction he also awakens intuition in us and helps us overcome our subconscious problems. A guru, with clairvoyant insight, is able to see us better than we see ourselves and can thereby help us clear our storehouses of karma. The average person,

a victim of his karma, moves from experience to experience in this realm of relativity. Such a person has pleasant experiences and unpleasant ones, but the guru is interested in showing him how to transcend the relative world and get beyond the dualities.

While it can hardly be denied that health, prosperity, peace of mind and harmonious relationships are to be desired in this world, a wise person understands that even success is but a picture on the screen of time and space and is not the goal of life at all. To work for outward success alone in order to prove our understanding of the law of mind is not the way of the initiate. An initiate strives for one thing — God-realization, knowing that such realization will be enough. An enlightened person naturally experiences fulfillment in life and finds what he needs in order to function, ever at hand. It is just there when he needs it and he does not have to work for it.

Preparation for Initiation

We prepare ourselves for initiation by yearning to know the truth and by seeing to it that our motives are pure. A person who wants to learn occult secrets in order to control other people or pursue self-centered goals is not a fit candidate for initiation. Whatever awakening comes to such a person will only magnify and complicate his already distorted life. Therefore, to seek initiation means that a person must search his heart and make his own decision about the matter. Having once begun on the true spiritual path there is no turning back. Jesus stated it thus, "No man, having put his hand to the plow, and looking back, is fit for the kingdom of heaven."

There are no rigid rules for an initiate because his

life is to be an inner one. He is to be ever guided by his intuition. He is to synchronize his thoughts, feelings and actions so that he makes rapid progress on the spiritual path. He is to choose the good, that which leads to self-realization . . . and ignore the bad, that which complicates our lives and makes self-realization difficult. An initiate should examine his life and learn to cut out all nonessential things. In this way he makes rapid progress on the path. He condenses experience through concentrated effort and quickens his liberation.

There is nothing that we do that is spiritual or unspiritual. Our only guide can be: if what we do increases our awareness of life, it is proper for us. If it decreases our awareness of life, it is not proper.

True Initiation

True initiation is more than an outward ritual or a symbolic gesture although initiation may be accompanied by ritual or symbolism, in order to make a dramatic impact on the subconscious and mark the occasion as a turning point in life.

Two things must take place during initiation. In the proper setting, the guru confronts the disciple. Prior to the meeting, the guru meditates and anchors himself in God-consciousness. The disciple prepares himself by prayer and meditation in order to be receptive. Then, both guru and disciple meditate together and the guru imparts his vital force to the disciple, either by an act of will or while laying on his hands. This stirs up the dormant life forces in the disciple and awakens his intuition. Then, the disciple is instructed in a technique of meditation which enables him to continue the awakening in his private hours.

Meditation instruction without spiritual awakening leads to the mechanical practice of the method but without great results. Spiritual awakening without meditation instruction makes the disciple more vital and responsive but gives him no way to channel his increased energy and perceptive powers.

After initiation, a rapport is established between the guru and the disciple and a flow of power continues to be directed from God, through the guru to the disciple. A disciple can, therefore, tune in to his guru and tune in with the Infinite. This is why it is said that a true guru is God on earth. In such a person the clear awareness of the Infinite perfectly expresses and thus the Divine Light and Power is channeled into creation. The only bond between guru and disciple is impersonal love and spiritual respect. The guru's only motive in the relationship is to show the disciple the way to God-realization.

Frequently, though not always, the guru-disciple relationship is a renewal of past life associations. Again and again they meet, until the disciple is liberated and can begin his own mission as a guru for others.

When the disciple becomes sufficiently awakened and aware of his own divinity, he lives completely free, relying upon the Infinite moment to moment. His days of overcoming problems and proving himself in the world are over. He sets about the transformation of the world and in this way indicates his spiritual attainment. When we become enlightened and know who we really are, there is no longer any ego left in our nature. There is nothing else to strive for or attain. From this point on we can only work for the good of mankind because we see that nothing else matters. The purpose of creation is not the manifes-

tation of an earthly paradise, though this may come about. The purpose is self-realization for all creatures. Understanding this, we live meaningful lives and know an unshakable inner peace that surpasses all human understanding.

An initiate does not put off his spiritual welfare. He does not think in terms of the needs of the material world being more important than self-realization. He sees the so-called material world as an expression of God and endeavors to live consciously in a heavenly manner at all times. Some people say, "I don't have time to meditate and I don't have time to think of God." Regardless of how busy we are, we have every moment of the day to live in the awareness that God is expressing through and as us, now. This is what the spiritual life is all about. We are not to struggle and work in the world as a compromise, using meditation and study as an occasion to escape. We are to clear the mind through meditation and spiritual reflection and then carry this awareness with us at all times.

As we are able to do this, we find that everything we do is a spiritual activity. Regardless of whether we are on the job, with other people, at home with the family, partaking of food, making love . . . it is all the same . . . we do it in the consciousness of God and it becomes a Divine activity.

It is important that we receive initiation at the hands of a person who, himself, was initiated by a God-conscious soul. In this way there is a chain of masters through whom the Divine power flows. After a number of years practicing meditation and gaining depth and insight, the initiate may be advised by his guru to begin sharing with others. Then, the initiate becomes a representative in the line of gurus and truth is spread to ever-increasing numbers of people.

But, living the true spiritual life is the main requirement. We are not fit to awaken or instruct others unless we know from personal, inward experience what it is like to live in God-consciousness. Knowing from personal experience and being aware of the pressing needs of other people, we develop compassion, and naturally are urged to show those, who will listen, the way to liberation.

You see, the average person on the spiritual path should help take truth to others by sharing with a movement or a person who is in the front lines of the work. This tithe, usually considered to be ten per cent of a person's earnings, enables a person to play some role in world uplift. Eventually, the amount of one's time and energy is increased until all time and all energy is dedicated totally to bringing light to the world.

There are numerous "temptations" on the path, because we are working out karmic patterns and overcoming our restless human tendencies. But, if our motive is pure and we are resolved to go all the way in this incarnation, we will be able to withstand the tempting illusions of the world. We are not tested by a higher power. Our tests consist of facing up to inner impulses which, if heeded, would lead us astray, confuse the mind and create negative subconscious complications.

It is important for an initiate to contemplate daily and become established in transcendental awareness and then live from this level of consciousness at all times. This will insure an objective frame of mind and keep one steady on the path. The secret is to control feelings through the proper use of intelligence; the faculty of discrimination . . . and to remember our true place and true function in the world.

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"As an initiate, awake in God, I remain in tune with Infinite Will at all times and, moment by moment, allow the Divine Plan to express through my every thought, feeling and action."

16

RULES FOR STEADY PROGRESS ON THE PATH

The rules for making steady progress on the spiritual path are few and simple . . . but they have to be observed carefully.

1. Self-Discipline

This means nothing more than controlling our attention, thoughts and feelings. Once we have come to the understanding of our Divine nature, at least intellectually, we should try to regulate our lives accordingly and live as a free soul would live. We should keep our attention flowing to the Infinite and refrain from becoming involved in situations which would cause confusion. We should not entertain negative thoughts; such as thoughts of ill health, misfortune, poverty, rejection, and so on. We should clean up our emotional nature so that fear, guilt, regret, resentment and anxiety do not prevail.

One way to control the thoughts and feelings is to control the conversation. Absolutely refuse to speak fearful, negative words. Refuse to gossip and to tear down another person verbally. If need be, avoid

negative people who want to share their negation with you and thus poison your mind. By reading such books as are distributed by New Life Worldwide you will have access to information on mind control and secrets of concentration.

2. Proper Study

Proper study for a truth student includes world scriptures and the writings of enlightened men and women. By reading good basic material we are daily reminded of the facts of life, our spiritual resolve remains high and sleeping soul memories are awakened. There is no harm in reading the general news, novels, biographies or whatever you feel led to read for information or relaxation. One good thing to avoid, however, are books on religion and philosophy written by authors who lack spiritual experience, and who deal mostly with theories and opinions . . . or, even fantasy.

3. Regular Meditation

I hope you are meditating as regularly as you can, because this is the foundation of the spiritual life. Meditation keeps us in tune and increases the flow of vital force in the body. As we break through layers of consciousness to the Source, pure Life begins to flow through us, giving greater strength and purpose to all that we do.

4. Reliance Upon the Infinite

Reliance upon the Infinite is the theme that runs through these lessons and is the goal towards which

we strive. If we are intuitively awake and always in tune in the moment, we will never lack for anything. We will receive guidance, see through obstacles, prosper and work in tune with nature on all levels in a spontaneous manner.

If we become bogged down just because we are in tune with universal human consciousness, we can always contemplate and regain our composure and insight. If we make a mistake, rather than feeling guilty and condemning ourselves we can forgive and forget and resolve not to make the mistake again. In this way karma is neutralized and past actions can no longer influence us. We can do the same with any situation which causes inner conflict; grief, fear, regret, resentment or rejection. It makes no difference what occasioned the feeling, we can release the emotional charge if we try. This is important because if we do not free the emotion connected with experience the memories modify our future behavior. In this way, the majority of people become "strung out through time." That is, while being aware in the moment, they are still influenced by memories of past experiences.

Technique for Releasing Emotion

At night, before you meditate, relax and turn within. In your mind's eye relive the major events of the day, from the moment you awakened to the present moment. Scan the scenes in motion picture-like sequence. Should you recall incidents which are loaded with memories and feelings of pain or any other undesirable emotion . . . in your mind's eye, with feeling, relive the incidents as you wish they had happened.

Do this with positive feeling. You are not erasing the memory of the actual event, but you are neutral-

izing the feeling connected with the memory, so you can later look at the contents of the subconscious filing system and be aware of experiences but without the negative emotional charge. This is the great occult way of working out karma day to day, so that is does not sink into the subconscious and burden our lives.

You can use this method also to overcome the painful memories connected with any situation in the past, whether it happened last week, last year or several years ago. You see, it is this accumulated emotion which saps life from us and also causes us to react unwisely to present-time similar circumstances. When energy is tied up in the subconscious with these memory pictures, it means that our supply of available energy is diminished. If we accumulate enough painful memories, we lose interest in life and desire to withdraw or die.

Another simple method is to recall an incident which causes you emotional pain and while thinking about it clearly, without judgment, carefully breathe deeply several times. This deep breathing will bring you in tune with the present moment and drain off pain associated with the mental pictures. Try it if you like, when you are worried, feeling rejected and so on.

Of course, there are some people who enjoy suffering because they have a negative self-image, they don't like themselves or they bask in the attention and concern that others show for them. This is a form of self-indulgence and a mark of immaturity.

Live Free

In our dealing with other people we should always see them as spiritual beings and never condemn them for shortcomings and weaknesses. There are no evil

people . . . but there are people who are deluded and their delusion is the cause of their problems and self-destructive habits.

So it is helpful for us to be nonreactive around people whose behavior is not congenial. We may not approve of another person's behavior or his attitude towards us, but we do not have to react to it. We can avoid people who seem to be bent on creating trouble or, if we have business with them, we can take care of the business without becoming emotionally involved. We do not have to love all men, but we can accept them and allow them to unfold in their own way. After all, in truth, the ray of God which is appearing as the other person is really a ray of myself. There is nothing outside of me in the Absolute sense.

It is stated that there is no condemnation in Christ Consciousness. And, if we want to be Christ Conscious, we must be free of condemnation. Our eyes must be too pure to behold limitation and so-called evil. By purifying our own vision, we see God everywhere. To pretend to see God some places and not others, in some people and not all people, is delusion. Regardless of the color of our skin, our inherited tendencies, our social position or our level of God-consciousness. . . we are all the same essentially . . . we are rays of the same Light.

What a joy to get up above personality and above narrow-mindedness! What a great release to live free! And, it is as easy as our willingness to shift our attention and adopt a new and superior point of view. No one can keep us from being free because no one can control our thoughts and attitudes. We alone can do this and we do not have to ask anyone's permission or pay any fees. It is free and available for the accepting.

What is required of us if we decide to go all the way on the spiritual path? Everything of a limiting nature . . . all false notions . . . prejudices . . . pet theories and concepts . . . everything that keeps us in darkness must go. But, nothing is lost because in letting go we find that we possess the riches of heaven. I know that for many there will be the fear of letting go that is the result of not knowing what to expect. This is why I emphasize the basic rules of spiritual living over and over again. If we remain true to our convictions and do what we should do to stay on the path, we make progress and eventually attain the goal of self-realization.

As far as I know, every master-teacher accepts and teaches these rules for making steady progress. They are universally applicable and results are guaranteed.

You see, we are not required to be geniuses to succeed spiritually. All we have to do is follow the way as set forth by enlightened people. They alone know the way to God. They have been through it. By following their suggestions we become attuned to the same level of consciousness which inspires them and before long we join this band of wide-awake souls who know they are in God and God is in them.

There is nothing hidden that will not be revealed. There is nothing you need to know that you cannot know because you are the knower, the act of knowing and that which is to be known. You are all of it and you certainly know yourself. At some level of your being right now . . . you know all there is to know. By contemplating basic truths your soul nature will be more and more awakened and you will one day see that what I say now to you is true.

This might be a good time for you to reassess your situation and see if you are observing, to the best of

your ability, the rules I have suggested in this lesson. And, if not, plan now to put order in your life as your initial act of self-discipline . . . and go on from there. When you are faced with problems of any kind, introspect and see if you have allowed yourself to get off the track. And, if so, make the necessary changes for the better.

Give more of yourself, act from Divine impulse, live as though you actually believed all that you secretly know to be true about yourself as a spiritual being. In this way your life will be transformed and a definite step in the direction of world goodwill have been taken.

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"As a God-conscious person I naturally abide by the rules of spiritual living. I synchronize my thoughts, feelings and actions and always do the things I should do as I am directed by Infinite Mind."

17

HOW TO SEE THROUGH THE SENSE OF ILLUSION

Seeing through the "sense of illusion" is the major challenge for all of us on the spiritual path. The "sense of illusion" is the Darkness (see "This is Reality and "The Way of the Initiate"). The Darkness is a modification of pure Being which was produced in order to bring forth creation. It is composed of: force, time, space and light particles. By modifying Itself the Absolute was able to appear as creation through Its own "self-creating power."

All souls which are identified with the Darkness are deluded . . . they are unaware of their perfect nature. Time and time again, Jesus stressed the importance of overcoming the world. He was talking about transcending the sense of illusion which, alone, keeps man in bondage. Buddha realized this truth during his enlightenment. He saw that it was necessary for man to cut off selfish cravings and learn to live in tune with the Infinite Will at all times if freedom was to be attained.

It is not easy for the average person to understand that the world which is perceived through the senses is a reflection-world . . . a world of appearances . . . reflected from the celestial spheres. It is as

though we looked in a mirror and saw our reflection . . . then BECAME the reflection. If we identified with the reflection completely we would forget our real nature. This is how it is with the masses on earth today. They have identified with a reflection of the Real . . . and have forgotten their perfect nature. "We have come to earth and forgotten heaven."

Two "Realities"

The average person is aware of his world, which seems solid and rather stable. He is, if he is awakened a bit, also aware of another Reality . . . Something beyond . . . and he is confused. "Which is the real world?" This is the question. The Real World is the celestial realm in which all patterns and images reside . . . where there is only perfect bliss and peace. The outer realm, while seeming to be real, is but a reflection of That which is forever stable and unchanging. Now, we know this to be so . . . but our reluctance to fully accept it causes inner tension and much anxiety.

So, we are divided . . . which path shall we follow? Shall we remain materialistic or shall we abandon the world and hearken to the call of Spirit?

Think about it . . . are you chained to inertia? The out-moving force which causes heaviness, dullness and laziness? Are you bound by the beliefs in time and space? Do you feel that you are anchored to your present condition or situation? Do you feel obligated to remain where you are . . . in your community, city or state? Are you a victim of circumstance?

We are either slaves or masters . . . or, in-between. Perhaps you are aware of being part-slave (to circumstances?) and part-master (of your destiny?). Perhaps

you are aware of the conflict of heaviness and lightness in your nature . . . the urge to give in and the urge to succeed greatly. This dual urge is in each one of us and is manifested in the will-to-live or the will-to-die. We move from enthusiasm to despair . . . from hope to a sense of futility. This is the average way of life. This is the law of averages . . . this is the way of "all flesh."

But, there is another way. There is a way which leads to total freedom! What is this way? It is the way of the masters and the saints and sages of time! It is the way which has been proven by countless thousands of people!

Besides overcoming our built-in limitations (our identification with Darkness [maya] or the sense of illusion) . . . we also have other things to overcome or remove from our consciousness. The things to overcome are the eight obstacles to self-realization.

1. Hatred

Extreme aversion is hatred. Is there anything or anyone you hate? A thing or a person which (who) repulses you? This is a barrier to self-realization. It is a mental-emotional block and stands in the way of freedom. The key is to forgive and forget . . . completely.

2. Shame

Are there any thoughts or actions of which you are ashamed? The way to freedom is either to learn to understand the reason for your feelings and thoughts . . . if you are laboring under an illusion . . . or to cease from such feelings and thoughts. Many people

feel ashamed of themselves because of improper training in early years. Their feelings are, then, the result of false assumptions.

3. Fear

What are you afraid of . . . and, why? "He that dwelleth in the secret place of the most high shall abide under the shadow of the Almighty." Is anything "outside" of God? Is there anything but God in manifestation? Are there any spooks, goblins, negative people or whatever . . . to harm you? Then, see everything as God in expression and be forever free.

4. Grief

For what is there to grieve? If things pass away . . . why, that is the nature of things. If people "die" to this world, it is only temporary. Life is forever. Life does not cease. Only the outer appearance changes . . . but souls go onward forever. To grieve for those who have left the body is ignorance . . . it is delusion . . . the result of misinformation. For us to seek "proof" of survival or to try to contact those who have departed . . . is folly and leads nowhere. Our goal is self-realization and enlightenment.

5. Condemnation

What is there to condemn? Everything is attractive to someone. If we do not see the beauty in a thing . . . a situation or a person . . . it does not mean someone else does not. We must learn to live at the level of our own acceptance . . . at the level of our own point of view. We must learn to "live and let live." To be

able to allow other people the right to live as they see fit is a way to freedom. We are not all at the same level of understanding. Therefore, we must let others live through and experience what we have come through. "There is no condemnation for those who are in Christ." (There is no condemnation for those who enjoy the Christ-conscious level of understanding.)

6. Race Prejudice

It is only an "accident" that we were born in the race in which we find ourselves. Who predetermines our birth? Why are we here? To be prejudiced because of the color of the skin or because of background is a mark of unawareness. We are born to the race either because of a subconscious desire or because of our "unawareness" of what would result. Yes, there are some people with whom we would rather not associate. But, it is a matter of taste and selection rather than the color of the skin or the "rumors" of background. There is more than outer appearance or hearsay that determines a man.

Are you prejudiced? Why? What is your reasoning? I would be pleased to hear it!

7. Family Pride

There are some families which, through generations, have been helpful to mankind. If your family has not been especially helpful . . . what is the reason for pride? Some people say, "Our people came over on the Mayflower." Or, "Our people fought the Revolutionary War!" Nonsense! What has that to do with you? What have the actions of your ancestors, for good or ill (it is a matter of opinion) got to do with you and your

present condition in life? Why be proud or embarrassed? You are YOU . . . today . . . here and now. This is the main issue.

8. Smug Sense of Self-Righteousness

Have you ever met a person who said, "We (meaning their church, group or organization) have the Truth?" Sometimes it is easy to fall into the trap of becoming a believer instead of a knower and to feel self-righteous and superior about it. This attitude makes the mind rigid and prevents an honest spirit of investigation which could result in Self-realization.

These eight things are barriers to freedom and must be erased from our consciousness. It may take some honest self-evaluation but it can be done. It must be done!

The way that leads to conscious eternal life is not easy . . . it requires of us that we let go of everything in our nature which stands in the way. It requires total transformation on all levels. No excuses are allowed. No rationalizations.

Think about it . . . is there something in you that needs to be changed? Is there something you should do in order to unfold spiritually that you are not doing?

If you need help with a problem or further advice on how to change your thoughts and feelings, meditate. Or, if need be, write me a letter and I will discuss things with you.

* * * * * * *

"Today I rejoice in my newfound freedom which I have realized as a result

of giving up all thoughts and feelings of limitation and narrow-mindedness. Released from bondage of the past I know myself as a Son of God and I live, moment by moment, with an attitude of complete reliance upon the Infinite."

18

PRACTICAL APPLICATION OF CHAPTER 17

Now we are ready for the practical application of seeing through the sense of illusion. We are ready to live from the highest and clearest level of understanding and demonstrate our new insight.

Let us get involved in the arena of daily life and see how our new attitude can help us on all levels. Let us do this with the attitude, always, that we are sons of God . . . living in heaven now.

In heaven, the World of Reality, everything is perfect, harmonious, complete. There is no distortion, conflict or lack. When we can "see" this, even while embodied, this realization will reflect in our lives and environment.

This is the first step . . . to become anchored in the awareness of self-completeness and fulfillment . . . even if outer conditions are at present just the opposite. We must begin somewhere if we are going to see a change in our lives.

Security

One of the most basic desires of human beings is to be secure. We want a place to live and adequate income to meet our needs. Now, consider this: As a soul, a ray of God, you already possess all you need because a ray of God is always provided for regardless of the level upon which it expresses. You brought

with you into this world the consciousness of supply. If you are experiencing lack, it is because of some subconscious blockage (an inner belief or conviction that you have) that you are not worthy of money, shelter, love, etc., or that your karma prevents you from having these things. All limitation is within a person's subconscious mind.

If the subconscious distortions could be erased and the mental attitude adjusted, we could easily be led into our right place in life and find situations just working out wonderfully well without strain or undue effort on our part.

Think like this: "The Infinite is my supply . . . It appears as money, shelter, transportation . . . all that I require for perfect living." Since the world is made up of layers of energy which are manifestation of pure Consciousness . . . this energy can form and be formed as the stuff of the world. And, there is no lack of universal energy or Consciousness. It is everywhere present and available. This is the way to think and the attitude to maintain.

Now, if we elect to look at the distortions of the world and accept all the reasons why we cannot have the basic things we need, we can live a life of limitation. It is our decision and each one of us is free to choose the kind of life we will have.

Where do houses come from? Where does money come from? Where does food come from? Everything comes from the same Source . . . Consciousness. Pure Consciousness is always forming as the things of the world. This is Its nature. Therefore, you can have all the conveniences you require without taking advantage of anyone else and without denying anyone else.

Never again do you have to think in terms of lack

or limitation . . . lack of money . . . lack of ability . . . lack of comfortable transportation . . . etc. Never again do you have to think that middle age or old age is a barrier to freedom. We all experience just what we inwardly believe we are worthy of experiencing. This is the law.

Health

Can God be ill? As a ray of God you should always enjoy perfect health. Of course, you may want to watch your diet, get sufficient and proper exercise, remain free from tension and worry. As long as you do your part to keep the body in good working order there is no reason to experience ill health. The majority of ills are psychosomatic . . . brought on by inner conflict. The common cold, for instance, can usually be cleared up in a few hours merely as a result of our reviewing the hours and days preceding the first appearance of the cold symptoms . . . to find out where we were rejected. If you try at a venture and fail . . . if things don't work out . . . if someone cuts you down . . . if you feel overworked and unappreciated . . . a cold is a socially acceptable manner in which to cry and feel sorry for yourself. But, don't take my word for it. Check it out and see for yourself. When we are in tune with life and in our right place, everything in the body works harmoniously.

Self-Realization

The Truth about each of us is that we are now perfect and self-complete. No change in our basic nature is needed. The secret is to awaken from identification with the sense of illusion and begin to see life

as it really is . . . instead of as it appears to us because of our conditionings and false notions.

All of our efforts to meditate, study, practice self-discipline, etc., are for the purpose of clearing the mind so that the Light of the Soul can be clearly perceived. This is why it is helpful to associate with, or think about, saintly souls . . . it helps us to begin to see life as they see it.

The only difference between a deluded person and an awakened person is the clarity of vision and the depth of understanding. One of the most important things to be considered concerning self-realization is our attitude from the very beginning of our quest. We should assume that self-realization is the most natural experience in the world. We should believe that we are worthy of the experience and that awakening will come quickly and easily. If we persist in thinking that we have a long way to go . . . that we are too new on the path . . . that we have too much to overcome . . . we merely work against ourselves.

Now, I am not suggesting that we delude ourselves into thinking that we are completely self-realized . . . even when inner and outer conditions contradict it . . . but, we should inwardly strive to be aware of our Real Nature at all times. As we do this, gradually, the doors of perception will be cleansed and we will receive revelations and insights. We become what we think about. If we think of ourselves as Sons of God now . . . this begins to express. If we think of ourselves as limited mortals . . . this is our expression. We are known, after all, by our works.

Discipline, Discipline, Discipline

To remain steady on the path we must be ever

watchful of our thoughts and feelings. Whenever we catch ourselves feeling dull and apathetic . . . whenever we catch ourselves thinking in terms of limitation, restriction, lack, etc., we must make an inner adjustment and, with the eye of intuition and by calm reasoning, "see through" all outer appearances which are not in accord with fulfillment, harmony, and right action.

Instead of accepting limitation, ill health, poverty or whatever . . . sit down, meditate, clear the mind . . . then "see" the solution and bring it into expression. This is how we live by faith . . . seeing things and conditions as though they were present realities.

If we have enough self-respect . . . if we are serious about making the most of our time in this incarnation . . . we will remove all nonessential things from our lives. We will follow the path of the master-teachers and not pay any attention to people who try to give us unasked-for advice and who have not proven any degree of mastery in their own lives.

In time, as we remain true to our inner convictions, we find that we live always in the perfect recognition of the fulfilled life. We find that we do not have to "try" to overcome problems or improve upon ourselves or our world. We find that we are automatically living the perfect life . . . we are naturally *being* the person we were meant to be. We then live by grace and the struggle is over. Many people, lost in their problem-centered existence, cannot imagine how it would be to be free and enlightened. They think of enlightened people as dreamers and as being unrealistic . . . blind to the "facts."

One here and there awakens. "Two are in the field and one is taken." It is almost as impossible to describe the vision of total freedom to the average per-

son as it would be to explain a three-dimensional world to a person who lived in a flatland of two dimensions only. A new dimension is incomprehensible because it fits no existing pattern. Yet, the sages declare there is another dimension . . . heaven . . . the realm of clear perception . . . the World of Reality . . . which we can all perceive. Moving into the realization of this world we find a complete transformation on all levels of our life and being. It "just happens."

You see, it is important that we begin to live in the consciousness of heaven now instead of forever thinking of fulfillment as a far-off event. We must shift our mental gears and stop thinking of a future time as an occasion for awakening or reward. Heaven is here and now . . . it is available to anyone who will learn to see through the sense of illusion and accept it. This was the message which Jesus talked about . . . "there are some standing here who will not taste of death until they see the kingdom come with power." And, "thou art very near to the kingdom of heaven."

* * * * * * *

"Today I take my stand and rejoice in the clear recognition of heaven . . . fulfillment. All sense of darkness is banished and I live in the realm of eternal light and joy. As a Son of God I remain steadily aware of my Divine Nature. God, as me, lights the world."

19

A MYSTICAL EXPLANATION OF THE BOOK OF REVELATIONS

Now we come to one of the most interesting of all occult subjects: the mystical explanation of St. John's deep meditation experience as recorded in the Book of Revelations, the final book in the New Testament.

What is recorded there is the identical story as related by mystics of all ages and times. Sooner or latter, when meditation becomes deep enough, the clairvoyant ability of man enables him to literally "see" the way his various bodies or coverings are interconnected.

In the body of man there are seven vital places which correspond to the seven levels of awareness. At these vital places the physical, astral and causal bodies are connected or sealed. On the physical level these places are nerve ganglion and on the astral level they are centers of radiating force. As the physical body is nourished by a flow of life currents, as well as by food . . . so the astral body is vitalized by a steady flow of life force.

The Revelation

As recorded in the New Testament, St. John was in retreat, meditating on the things of Spirit.

"I was in the Spirit on the Lord's Day,
and heard behind me a great voice, as of
a trumpet." — Rev. 1:10

Having his attention turned within, St. John intuitively perceived the sound of the Cosmic Vibration, the aum. It was *behind* him, flowing from Divine Realms, from a source beyond the ego sense. Being in tune with the magnetic attracting current of God . . . Divine Love . . . his attention was drawn to the Source. Yielding to this pull his vision opened and he saw, with the eye of intuition, with clairvoyant perception, both his physical and astral vehicles.

"And I turned to see the voice that spake
with me. And being turned, I saw seven
golden candlesticks;
And in the midst of the seven candlesticks,
one like unto the Son of Man, clothed
with a garment down to his foot and girt
about the breasts with a golden girdle.
His head and his hairs were white like
wool, as white as snow; and his eyes
were as a flame of fire;
And his feet like unto fine brass, as if they
burned in a furnace; and his voice as the
sound of many waters.
And he had in his right hand seven stars;
and out of his mouth went a sharp two
edged sword; and his countenance was
as the sun shineth in his strength.
And when I saw him, I fell at his feet as
dead. And he laid his right hand upon

me, saying unto me, 'Fear not; I am the
first and the last:
I am he that liveth, and was dead, and
behold, I am alive for evermore. Amen;
and I have the keys of hell and death.' ''
Rev. 1:12-18

Seeing his own astral vehicle floating over the prostrate form of his physical body, St. John also saw the centers of vital force in the spinal passageway, and the halo of light surrounding the form. The astral vehicle appeared to be formed much like the physical body, the Son of Man. The brain of the astral body was brilliant white and the third eye center, where positive and negative flows emerge, was as a single flame of fire. A golden aura encircled the form, becoming darker at the feet.

This was the perception of the astral body which is not dependent upon the physical body, though the physical body is dependent upon it. A sense of immortal life pervaded St. John's consciousness as he was rapt in the inner experience. That he correctly perceived the seven vital places and their energies is clearly revealed in the following:

''The mystery of the seven stars which
thou sawest in my right hand, and the
seven golden candlesticks. The seven stars
are the angels of the seven churches: and
the seven candlesticks which thou sawest
are the seven churches.'' — Rev. 1:20

The *angels* are the controlling life currents which flow through the established centers to sustain the bodies. As these centers are opened or quickened, man's consciousness becomes evermore clear and he

is able to understand the seven levels of soul unfoldment and the seven main planes of consciousness. This is termed the ladder of self-realization which man climbs step by step, from bondage to liberation.

Located throughout the cerebrospinal nervous system, the vital centers serve as distribution points for the down-flowing currents. Their locations are: upper cerebrum, the body battery or main center of force; third eye center, the point where life forces are distributed through the medulla; cervical center; dorsal center; lumbar center; sacral center and; coccygeal center.

There is no need for us to try to awaken these centers by concentration, for as we dwell in the realization of our God-nature at all times, the vital forces automatically become activated.

Continuing his meditation, St. John goes beyond the vision of the lower vehicles and is able to transcend the lesser realms and enter the *door* to the inner kingdom. At this time, he perceived the inner workings of Spirit as it sustains all levels of creation. (See Rev. 4:1-6) Beholding the true Source, he perceived the outward radiating flows of force, including the twenty-four principles of Spirit; which are perceived as the fifteen subtle electricities; five gross elements; plus ego, feeling, mind and intelligence. A soul detached from creation can perceive all forces from which creation is formed.

He also perceived the seven major divisions of God as involved with creation, as the Spirits before the throne, which are responsible for the seven levels of manifest creation. He also understood the nature of the Darkness, maya, the sense of illusion . . . and termed this as "four beasts" because man identified with the sense of illusion is barred from spiritual per-

ception and cannot know the Truth. The four components of maya are, as you will recall; motion, time, space and light particles.

St. John's experience is the true baptism of man. The Son of Man is the soul identified with these four components of the Darkness. As such he is the offspring of delusion. The word *man* comes from the Sanskrit *Manus* . . . "the four origins." When man's attention is fully interiorized, in deep meditation, he realizes the true Source and Reality of all outer appearances and is at peace within himself; requiring nothing of the outside world for satisfaction or happiness. All of this can be realized while we are embodied when the doors of perception are cleansed. This is why the spiritual body of man, with its electricities has been described as a sealed casket of knowledge.

> "And I saw in the right hand of him that sat on the throne a book written within and on the backside, sealed with seven seals." —Rev. 5:1

Mysteries Revealed to a Few

Not all people are able to grasp these Truths. Many students, when confronted with this information, tend to feel that "they are not ready yet" or that "it's too deep for them." But, it can be easily understood when we approach the matter with the right mental attitude. We should assume the attitude that "we can know whatever there is to know" and then let the insights come. And, they will . . . and the result will be FREEDOM as a consequence of understanding.

I may have mentioned this before but it bears repeating; I never really understood the New Testament

until I had studied the Bhagavad-Gita and the yoga scriptures. What the New Testament writers only hinted at . . . the ancient wise men of the East set forth in clear and easy-to-understand language. The fact that blood flows through the body and that nerve currents can be measured by electrical devices was not "discovered" more than 400 years ago. Yet, the ancient seers wrote volumes on the anatomy of the physical body showing that they clearly understood the mechanics of circulation of blood, the movement of the nervous energies and the interaction of all mental and physical systems. Nothing is new . . . it is only being revealed!

What is now "modern" psychosomatic medicine was "old hat" three thousand years ago in Egypt and India. Most of the "modern" discoveries are but surface revealings of known facts. I do not mention this to discount new insights at all. We are but emerging into the new Electrical Time Cycle (see "This is Reality and "The Way of the Initiate"). The Truth is known and has always been known and it's wonderful!

The revelations that St. John had, the insights that the sages have known . . . these are all available to each one of us with the persistence to probe and look within. This is all that it takes . . . persistence and deep contemplation of the Ultimate Truths of life.

And, the observance of the four laws of spiritual living; self-discipline, proper study, meditation and constant reliance upon God . . . is the sure way.

* * * * * * *

"Today I live in the consciousness of God. I know that all insight and revelations, in keeping with Divine Order and in har-

mony with my unfolding perceptions, will come forth. Each moment I walk in the perfect awareness of God . . . serene, self-contained, happy and fulfilled. Heaven is NOW."

20

DEEPER MEDITATION TECHNIQUES

Let us consider a few techniques which have been taught through the ages by master-teachers and which were designed to take a spiritual aspirant into deeper levels of consciousness.

All creation, from the subtle to the gross levels, is built up of layers of energy and energy springs from consciousness. By directing our attention back to the Source . . . we "move through" heavier layers of consciousness until we become aware of Pure Being . . . Pure Consciousness. This is the purpose of meditation.

One of the most result-producing techniques ever devised . . . and one of the easiest to practice, is the Hong Sau technique. The words *Hong Sau (hong-saw)* are from the Sanskrit and possess a vibratory effect which calms the mind.

When entering into meditation, if the mind is restless, just focus the attention (and the eyes) at the third eye center at the point between the eyebrows and be aware of the action of the breath. When the breath comes in, mentally chant Hong . . . when the breath goes out, mentally chant Sau. Make no effort to control the breath . . . just observe its action, while mentally chanting as directed with the incoming and outgoing breath. If you like, feel that the breath is flowing

in and out through the third eye center. Of course, it does not flow through this center, but concentration in this manner will keep the attention locked at that place during the course of meditation.

This method can be practiced for fifteen minutes to an hour or more, with good results. Its purpose is to calm the mind because no real results will be forthcoming in meditation *unless the mind is calmed and the attention can soar beyond it.* There is no magic to this technique. It merely affords you a method whereby you can actually control restless thoughts and relax the body.

After the mind is calm you can dispense with the method and sit in the awareness of inner peace, bliss or pure awareness. The purpose of all techniques is to get us to the place beyond mind so that intuition can awaken and the glory of the soul can be self-revealed.

Near-Breathlessness During Meditation

It is not uncommon, during meditation, for a person to feel that breath has almost ceased. This is no cause for alarm. The fact is that when we are relaxed and the attention and the energies are indrawn, there is no great need for much oxygen in the system. Even though we ordinarily breathe from 15 to 20 times a minute in normal waking consciousness, people in deep meditation have been noted to breathe only two or three times a minute and the breath is very shallow at that.

Sometimes, the breath seems to stop altogether for several seconds or even for a few minutes. If, as you meditate, you notice that you seem to *naturally* pause either at the end of an inhalation or the end of an

exhalation, use these moments of breathlessness to plunge more deeply into meditation. My great-great guru, Lahiri Mahasaya, taught his disciples this "rest-pause" technique of meditation. The reason for it is this: You know of the seven vital places in the cerebro-spinal system. In ordinary waking consciousness there is an alternating flow of life current along nerve channels in the spine, down and back up, through the lower six centers. This alternating flow or positive and negative life current is tied-in with the flow of breath and the activity of the mind. When these currents flow . . . we breathe and the mind is stimulated. When these currents are neutralized and cease to flow for a time, the breath also ceases and the mind settles down quite naturally. Observe these moments of breathlessness and see if this is not true.

Even when the breath seems to cease for a long time, never fear; when the body requires oxygen, the control centers in the brain will automatically start the process of breathing once more.

The Tunnel of Eternity

Now, as we become interiorized and the breath slows down, and all of our attention and vital forces are flowing into the third eye center, the inner vision begins to awaken. It may be, at this time, that you will see inner light and hear inner sounds, as St. John did, as we described in the preceding lesson and as all mystics have done.

When the mind is still and the attention is focused, you may perceive at the third eye center, a golden radiance with a dark blue center and a white light in the center of that. This is the condensation of the Trinity . . . White is Pure Consciousness, Blue is the

Light of Universal Intelligence (the Christ), the Gold is the Light of the Cosmic Vibration (aum).

When you perceive these lights, do this. First, surrender to the Gold Light, try to become the Gold Light. If you hear the sound of Aum, then merge in it at the same time and feel yourself to be one with all vibratory creation. When successful in this practice you will experience the Holy Ghost baptism for the Holy Ghost is another term for Sacred Vibration . . . Aum or Amen.

Now, to be sure, in the beginning of this kind of inner contemplation you may be using your imagination somewhat . . . but still, this will stretch your mind and open new areas of consciousness. As you practice faithfully in this manner you will begin to feel a sense of kinship with all life and a real Oneness pervading the universe. This will make for harmony, peace and perfect communication with people and things. This is the first step in the direction of cosmic consciousness so practice regularly.

Then, yield to the Blue Light, give yourself to it, merge with it and feel yourself to be one with Universal Intelligence throughout space . . . in and through all things. In this manner Christ Consciousness will awaken in you and you will be well on your way to freedom. There is an Intelligence pervading the universe which keeps things in Divine Order and we can become attuned to it and see the evidence of this attunement reflected in our personal lives as guidance, insight, peace, nonrestriction, etc.

Finally, surrender to the White Light and feel yourself being pulled by the Magnetic Attraction; the True Source, to the realization of Pure Being. Then, the awareness of Pure Being or Existence, will remain. This is the highest samadhi or Realization of Oneness.

Take Advantage of Your Inspired Moments

As you know, we do not always feel inspired to meditate with zeal. But, there are times when the urge "just seems to come over us" and it is easy to turn within. Use these times to your advantage by meditating for longer periods of time or at more frequent intervals.

Perhaps on a weekend or a holiday you can spend more time in deep meditation or in just keeping to yourself for a while to let deep thoughts and intuitions flood your consciousness. Or, again, perhaps you will awaken in the middle of the night, refreshed and alert, with the urge to meditate. At this time either lie there in bed and turn the attention within or get up and settle down in a comfortable chair and meditate. At night, when nature turns her forces within for a period of recuperation, is often an excellent time to meditate deeply. At this time, besides the life current's tendency to flow within, we are not distracted by noises or outside activities. We are alone, as it were, in the universe. Alone with our thoughts . . . and, when beyond thought, alone as God.

It is not a good idea to talk too much to other people about deep inner experiences. This tends to dilute them and takes away their "special" nature. Of course, it is always well to feel free to discuss inner matters with the guru or true teacher or to read of similar experiences of the mystics as confirmation and for new understanding.

Inner Experience Reflects Outwardly

A guru can tell at a glance when a person has been meditating with results because there is a serenity,

a poise, an aura of self-completeness about such a person. Also, there is a certain light in the eyes. As we meditate deeply and regularly we become magnetized and people begin to feel our unspoken thoughts and unexpressed feelings. They feel a quiet power emanating from us.

A way to change the world is by regenerating mankind, beginning with ourselves. If even only a small percentage of the world's population learns to become anchored in God the long-range effects on mass consciousness will be to the good. This is God's plan for redeeming mankind. One here and there in the human community becomes awakened and this lightens the load of mass karma and clears mass consciousness. In time, the entire human race is elevated and pushed in the direction of ultimate enlightenment.

This is why each inspired person is important. We may not always seem to be making headway in dealing with people but as long as we do our part and experience enlightenment, then fulfill our responsibilities in the world, we contribute greatly. Each one of us should desire to be a channel through which Pure Consciousness can filter into the world.

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"Today, through the power of inspired meditation I will plunge into the Light of Aum, the Light of Universal Intelligence and the Light of Spirit. Remaining anchored in God I will again turn my attention to this world and function as a conscious instrument of the Divine Will."

21

LIVING IN THE MASTER CONSCIOUSNESS

Our goal on the spiritual path is to come to the place where we actually live in the Master Consciousness (in God Consciousness) at all times.

So many on the spiritual path are thinking in terms of God *and* themselves instead of God *expressing* as themselves. We see this in their attitude, their efforts to solve problems, change conditions, etc., through prayer and by expecting God to do things for them. What they must learn to do is to take a stand and remain firmly in the recognition of all life expressing as God right now! This is the way to fulfillment! In this consciousness there is no thought or belief in lack, limitation or problems! Think about this!

In the early stages we learn to pray scientifically and to think straight. We learn that according to the Law of Mind whatever image we hold in mind, because

our mind is an individualization of Cosmic Mind and is in tune with it, tends to come into manifestation. Then, as we advance we learn to give up selfishness and let Divine Intelligence prompt us in all things and during all occasions. We should eventually come to the place where we never even see any human need for ourselves. Life should be a steady out-picturing, from within. In this way we live by grace . . . doing the "will of the Father."

Only "Speak the Word"

When we are established in God Consciousness, our proper condition, if a shadow looms on the horizon, a threat of discord, a problem, etc., we only have to "speak the word." It is done. It should be that simple. No effort, no supplication, no mental straining, no making of deals with God . . . just a simple acceptance that perfection is the law of our lives. Period!

Yes, in our early years we make effort because we do not see clearly. We gradually awaken and learn. We recognize the truth about life. But, once we are established in God-Consciousness, the struggle is over; the delusion is banished. Can you imagine Jesus, Buddha, Krishna . . . or any other master, struggling with circumstances? Can you imagine a master living in lacks and limitations? No! Well, you are a master . . . you are, at the core, God-Conscious. As a current popular song has it, ". . . you're a rich man now!" It's true . . . now you are transformed because of the renewing of your mind and you are rich in the things of God and fulfillment is the natural law of your life. How could it be otherwise?

From now on, when someone comes to you for help, as they will when they recognize your clear conscious-

ness, you need only disbelieve their claim of limitation and *know* them as perfect spiritual beings, even as you are . . . and inwardly accept this as true . . . then, never again think of them as limited in any way. You may need to educate them and explain to them how their negative thoughts and feelings have caused their problems . . . otherwise they may go and "sin" again . . . that is, they may depart and continue in their negative pattern and recreate a problem-situation. But, your job is to see and know them as free souls and thus release them from bondage.

Follow the Example of the Masters

Read the life of Jesus in the New Testament. Read of other enlightened men and women and become attuned to their way of thinking and their way of reacting to situations. See how easily they handled the things of the world. How relaxed and natural it was for them. This is our example.

Of course, like the masters, we too will have to get away from the pressure of the world from time to time in order to become settled and firmly anchored in God-Vision. As long as we live in the world, we tend to subconsciously pick up the thoughts and feelings of others around us. This is why we need to meditate daily and remain in tune.

Once we reach a certain level of realization the effort to attain is removed. From then on we just continue to gain deeper and deeper insights. It is a natural process. But, we need to keep our consciousness clear so that we do not identify with the old ways of thinking and believing. We become like that which we contemplate. If we see and believe in misery

and limitation, before long we will again identify with it and be in bondage. If we keep our attention flowing to the Source, if we rely always upon the Infinite Intelligence at all times and in all situations, then we are on the right track.

Masters are not limited. Sometimes, while dealing with people, they may seem human and limited at times. But, inwardly they are aware of who they are and the role they are playing. A master can be "all things to all men that some might be saved." While outwardly conforming, a master inwardly remains noninvolved and free. This is the secret of attainment.

A master is the supreme renunciate. He has renounced any belief that there is anything which is not of God. He sees only the Divine Life in infinite expression and he consciously cooperates with the Divine Will.

A master "translates" all distorted appearances by seeing through the shadows to that which is real. (Read the chapter, *"The World Is Yours"* in my book, "Secrets of Inner Power.") A master knows that "he is in the Father and the Father is in him." He knows that as a soul, he is a ray of Light . . . an individualization of Spirit. He knows that he is not a mind or a body, but that he works through both mind and body. He is not a conditioned, karma-bound soul. He is free.

A master is ever aware that "all things were made by Him and without Him was not anything made that was made." In other words, a master sees everything in creation as a manifestation of consciousness . . . and gross consciousness came out of, and is sustained by, pure consciousness or God.

Because of the pure vision, this vision which does not behold evil, the master is a light to the world. He has removed himself, through God's grace, from the

restricting influence of maya, darkness or the fabric of nature. He is therefore in a position to show others the way out of darkness both by example and precept. Such a one is literally "the way, the truth and the life."

Ordinary Man . . . A Self-imprisoned Master

The average person limits himself by affirming and believing himself to be bound as a result of karma, lack of intelligence, sin and so on. By so doing he does himself a disservice. Now, merely to affirm that we are masters will not make it so in a twinkling of an eye . . . but to daily contemplate our true nature will result in our eventual awakening. The distance is not far to travel. The difference between the average man's consciousness and a master's consciousness is not great. The only difference is that a master has a clear consciousness . . . free of distortions . . . free of guilt, regret, resentment, negative thoughts and feelings, etc. A master recognizes himself to be a Son of god. A deluded person is a Son of Man and this it is that must be "raised up" if man is to know himself as a spiritual entity.

Gradually, we are transformed by the Light and Power of God, our Real Nature, working through us. In time, night is turned into day and the old concepts are banished. We rise above the conviction of birth and death and we know the truth, that we are immortal and superior to all outer appearances.

A master, living in this world, in truth, lives in heaven, the consciousness of fulfillment and right action. At the same time, others around him live in varying degrees of darkness. Some are confused, others problem-centered and still others, in hell . . . a condition

of torment and pain. But, heaven is right here and now for those who can see it. And, the way to see it is to clear the mind and release everything which is not of the master-consciousness.

Think about it. Whenever you have a thought or feeling which is not consistent with the master-consciousness, release it. It is that simple. Replace fear with faith; a sense of lack with the realization of abundance; a sense of limitation with the knowledge of creative expression; condemnation with forgiveness; guilt, regret, resentment with release; pride with humility; ego with selflessness; belief in mortality with the realization and acceptance of eternal life; anxiety with peace of mind, etc.

Learn to know that God . . . the One Life . . . is speaking through your lips, loving through your love, working through your hands, moving in and as you at all times. Then, whatever you do, if it is spontaneous and right for all concerned, will be a spiritual activity. Then you will not have to try to be good . . . you will manifest goodness itself.

The masters live always in the consciousness of God. One great sage was asked how he entered samadhi (God-Consciousness) and he replied, "When one knows himself as God there is no more entering in or going out."

Remember the prayer of Jesus? "Father, glorify thou me with thine own self, with the glory I had with thee before the world was." This is it. That we should try to become aware of how it was with us in the beginning . . . how it really is with us now on a deeper level of our being. This is why we can take the advice to "repent, for the kingdom of heaven is at hand." Heaven, fulfillment, the world of Reality, the perfect realm, is here and now for the taking. It cannot be

earned. Good works will not assure it as a reward. It is through God's grace. This means that the master consciousness has only to be entered into and lived from.

But, there is a price . . . the giving up of everything of a limited nature that stands in the way of our seeing the Truth.

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"Moment to moment I live in the awareness of my God-nature . . . I move through the shadows of the world freely, without involvement or reaction . . . doing only the will of the Divine."

22

DEFINITE STAGES OF SELF-REALIZATION

The question is often asked, "How do I know whether or not I am making progress on the spiritual path?" What are the signs of unfoldment? What is in store for those who continue on the path?

Well, as with any other goal, if we do not know what the goal is, we stand very little chance of reaching it because we will not know the signs of progress. There are discernible stages in the soul's awakening.

The first major step for the average person is to rise above the limitations of the subconscious mind. The way to do this is to study and meditate and try to receive inner guidance. In time, higher faculties of the mind are utilized and we begin to live *superconsciously* instead of subconsciously. That is, the flow of Divine Intelligence from the soul nature pervades the conscious mind. Instead of using reason only, or instinct, we use intuition. The mind is then lighted by the Supreme and man begins to move in the direction of fulfillment.

The advanced metaphysical student, the capable practitioner of mind science, is at this level. But, there is another major step and that is from humanhood to Godhood. From law to grace. This means that the ego must be erased. The ego is the sense of being

apart from God. As long as we think in terms of being apart from God we are in delusion. But, once we move through the door to the inner realms by erasing or letting go of the sense of ego, we begin to function by grace. We no longer create any new karma . . . any new subconscious patterns which need to be fulfilled. This is the first step to freedom because unless we learn to live by grace we will be forever creating new futures for ourselves by desiring. (Often unwisely even with good intentions.)

One who reaches this stage is known as "living free." He has attained salvation . . . freedom from involuntary involvement with this world. While living in the world such a person is only concerned with "being at the right place at the right time." and with letting the Divine Will be expressed through his actions.

A person who is ready for this level of experience is on his last visit to earth (unless he wills it otherwise or unless he allows his attention to fasten him to the world again). Such a person makes the ideal disciple and many become excellent Truth teachers. While working out their freedom they help to liberate others. Working to liberate others is a vital part in the process of liberation because it denotes compassion and a willingness to serve rather than be served . . . to give rather than to acquire.

You will never find such a person struggling with problems or expressing frustration and unhappiness. Such a person is free of pride and never does anything to prove something to himself or anyone else. These are the contented people because they have given up self-will for God-will. And, they go from joy to joy, from revelation to revelation. They are not lazy do-nothing types . . . they are ever alert . . . responsive and receptive. They are heading for mastership.

Perfected Beings

Awakening still more the soul knows itself as being free from involvement with the material worlds (physical, astral and causal). This person is a true master. Able to function freely, at will, on any level of creation without any karmic involvement. As hard as it may be to believe, whatever this person does, even if it appears to be a crime against nature, he is not karmically bound because he only does what must be done for the good of the world and the redemption of mankind. He cannot be judged by ordinary standards because he has long-range goals in mind.

Many such souls become religious leaders and work with masses through exoteric teachings and with spiritually ripe souls through esoteric teachings and initiation. Since they know the way to freedom, they can reveal it to others who are seeking sincerely. They usually have around them a band of disciples drawn from the "living free" group who assist them in their mission. By this association the ones seeking freedom, the disciples, are blessed and uplifted and a flow of force moves through them from the master to uplift mankind. A perfected being, a true master, can be a guru . . . one who awakens others and leads them to God.

Supremely Free Souls

These are the avatars, souls which know themselves as pure expressions of Spirit. Spirit works through them and through a "chain of command" . . . the masters, the living free and into mass consciousness. Avatars guide the masters who, for the most part, work in the world.

The spiritual state of an avatar is beyond human comprehension. Most avatars, though not all, remain in seclusion and work with masters, as well as meditate and "radiate" pure love and life to the world. Through them Spirit is channeled into race consciousness. Unknown to the public such souls act as transmitters of pure Spirit so that civilization can continue on an upward trend. Without them the world would be lost. But, since it is the Universal Plan that the world be transformed, a number of Supremely Free souls remain on the planet at all times.

It was my good fortune to be drawn to a master at an early age. As a child I felt the "call" to the spiritual life, but it took a few years to become clear. I met my guru, Yoganandaji, when I was eighteen and was ordained by him two years later. He authorized me to go forth as one of his representatives.

Through him and his guru, Sri Yukteswar, then Lahiri Mahasaya and Babaji, a Supremely Free soul who yet resides in north India, I am in tune with a flow of force that sustains and inspires me. Of course, we are all capable of knowing our God-nature . . . but when we work willingly with a line of enlightened masters, we pool our forces and allow for a greater surge of power to flood the world.

The Way Is Clear

How clear the Way to self-realization is! How thrilling to know it! But, the way is revealed only to those who yearn for freedom! It is not for the "wise" — those who let their intellect and ego get in the way. We all know of seekers who wander aimlessly from one system to another; from metaphysics to occultism, from autohypnosis to "self-image" psychology, from

spiritualism to "modern" methods of psychotherapy . . . and they remain confused. Yes, they gather information, but most of it is nonessential information . . . data which has no bearing on self-realization. Their wandering is evidence of their restlessness and outward seeking.

What do the masters say? They say that the person who is serious on the path should follow the advice of a true guru or master-teacher, even if the advice does not make sense. Outward adherence to rules of human conduct at least keep us in line and prevent psychological complications. Then, in time, we are initiated . . . we are "born again." When the intuition is awakened we begin our conscious journey on the spiritual path. Before this it may have been the religious path or the metaphysical path . . . but now it is the road which leads straight to self-realization.

But, the way is narrow . . . for if we become distracted, we slow down our progress. If we give up and become despondent, we stifle unfoldment. If we insist upon using our will only, without Divine guidance, we create complex problems for ourselves.

Sri Yukteswar used to tell disciples who chafed under his discipline, "Go your way if you like, you have free will . . . but my way is better."

Yes, the way of the masters is far better. All we need to truly know about the spiritual life is to be found in the great scriptures and Truth teachings of the ages . . . if we have eyes to see . . . if our understanding is opened. In the New Testament, rightly understood, in the Bhagavad-Gita, in the story of the Buddha . . . the message is the same. Contemporary Truth teachers with Divine vision have restated the Eternal Truths for us. For us, there is no excuse for not knowing the way. We may not be able to clearly

understand it. We may not always be able to live up to the highest and best that is in us . . . but the way is known!

As Emerson put it, "Man is greater than he knows and better than he does."

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"This day I resolve to awaken to the master-consciousness and live as a Divine Being. I release selfishness and the sense of being apart from God. I accept the fact that God is, even now, manifesting as me . . . and I desire only to do the Will of the Supreme. Instead of identifying myself with mass mind, I resolve to be not conformed to this world but established in Spirit."

23

REALIZATION OF ONENESS

Just what is "realization of oneness" anyway? How do we know we have attained it and what changes will be apparent in our lives as a result? These are honest questions and they deserve honest answers.

A man once told me, "I've experienced cosmic consciousness before and it hasn't changed my life. So what if I've had the experience, I still have to live my day to day existence." What the man experienced was probably a partial glimpse of Reality, a temporary breakthrough . . . and he had expected it to completely transform him from that moment onward.

We have little insights into the Truth of Life, but these should spur us on to the greater and final enlightenment. In the meantime, while greater revelations are forthcoming, we have to make the most of life and do our best to remain in tune with the Infinite Intelligence at all times and in every situation. This is the way steady progress is made.

Gradually, as we shift our attention from the appearance-world to the Real World, of which creation is but a reflection, we learn to live in heaven, here and now. But, it takes time for the complete read-

justment to take place in the organism and a reconditioning to be effected in the nervous system and in the subconscious mind. At times we have a superconscious perception and then we are soon again identified with the body and the conditionings of the body, on the cell level of the body and in the magnetic field called the human mind.

Transforming Human Nature

You see, memories are not only recorded in the mind, but many of them are also etched into the cells of the body. This is why it takes time to erase undesirable patterns. Even when we have intuitive insight we must wait a while before the feed-down of Light and Power transforms us through and through on all levels. During this time, we need to practice patience and never waiver from our resolve to go all the way in this incarnation. This is a time of testing. Not that any outside intelligence tests us . . . but it is a challenge to us to maintain our inner peace while the slower reconditoning is taking place.

The recordings on the subconscious level are called *samskaras* in sanskrit. They are mental impressions which we carry with us from incarnation to incarnation. This is why it is a mistake to assume that "the next incarnation will be better" merely by awaiting it. The only way to improve the next incarnation (or to rise above reincarnation entirely) is to become God-conscious and awaken from the mortal dream. Even if we fail on the path in this incarnation we will continue on in the astral realms and make spiritual progress. Then we will begin on the path at an earlier age in the next incarnation. This is the promise of the masters.

Yoganada used to tell me, "You have to live in this world anyway so why not live in the highest and best way possible?" This advice can be taken to heart by everyone. Only our dedicated effort to make the most of our time while we are in this world will insure future happiness and peace.

You see, the more we remain in the realization of our God-nature the more rapidly does the inner transformation take place. Even when it seems that progress is not being made, it is, on a subtle level. And, after a few years, if you were to look back to the present moment, you would clearly see how far you had traveled on the spiritual path.

Oneness With All Life

This is the key, the sense of *at-one-ment* with all life. This is the indication we are looking for. When we actually sense that there is but One Life and It is expressing in, through and as everything . . . we are beginning to live in our true consciousness. At this level we do not reject anything nor do we grasp after anything. We live by grace, following our inner guidance in all things, working consciously in cooperation with the Infinite Will as it effects the liberation of all souls.

The joy and freedom that comes with the realization of oneness is tremendous. All of the petty problems vanish. Stress and strain is released. Personality conflicts are nonexistent. A sense of dedication and a real purpose for life pervades the consciousness. Thoughts of how bad (or how good) the past was or worry about the future . . . cease. We live in the ever-present-moment, doing what needs to be done at the

time required. This is sufficient. This is LIFE ETERNAL!

As long as we are thinking in terms of future unfoldment or future betterment or future fulfillment, we are living in a sense of lack and limitation. A God-conscious person lives in the awareness of fulfillment, right action and joy at all times.

A God-conscious person (or one near to the experience) lives a balanced sensible life. He embraces the best of all "systems." He is sensitive and perceptive, without being overemotional. He "loves" life because he sees only the One Life. He is dedicated to world good and the enlightenment of all souls because he sees all souls as individualizations of the One, even as he, himself, is. He meditates and contemplates the Supreme Reality, the transcendental aspect of Life, and he works actively in the world, without selfish motive, because to do so is his responsibility and privilege. In this manner he does not create any new karma for himself and the inner activity of God can continue without restriction to purify and transform his nature, driving out all darkness and discord. This is the regeneration of man. When enough people undergo this change then the kingdom of heaven begins to manifest on earth.

Every Day Is "the Lord's Day"

In the realization of oneness we live in the Spirit at all times. Every moment of every day is radiant with the clear realization of life *as it is*. We no longer think in terms of spiritual activities vs. material activities or spiritual places vs. material places, etc. Wherever we are, whatever we do, is right and proper because every moment is a "happening." Outwardly,

we may appear to others to be just normal people (what a blessing!) but, inwardly, we are free of any mental-emotional "hang-ups" or problems. We work, we love, we serve . . . all the while caught up in the creative flow . . . and the people with whom we share life, because they are individualizations of the One, as we are, enact with us, a glorious drama.

What freedom there is in this consciousness! We do not have to worry about "what not to do" in order to become spiritual. Nor, do we have to think about "what to do." We just live. The difference is that we are conscious that "I live . . . yet, not I . . . God lives through me."

In this realization all labels drop away. We may, if we have a purpose, attend services at a Catholic Church, a Protestant Church, or participate in meetings at a Metaphysical or Truth Church. Or, we might not. We are not bound. We may play any outward role we care to, but inwardly, we are not conscious of being Catholic, Protestant, etc., nor are we conscious of being Negro, German, English, etc. These are but outer disguises, the front we show the world. We know one thing above all else . . . we are children of Light!

Sometimes, even when we are clear and bright for a long period of time, we dip back into our old ways for a period. This is the time to meditate and remember the free state. This is the time to read truth books and again identify with that which is permanently Real. All of our books, "This Is Reality" and "The Way of the Initiate," especially, have been prepared and made available for you who are becoming firmly anchored in God.

Whenever we need to know anything to help us on the path, it will be revealed to us through people, through inner guidance or as a "flash" of insight. No

door is closed forever and no obstacle is so large that it cannot be "seen through." This has been my experience over the years. Whenever I really needed help, if I kept the faith and *believed* that it was nigh, it appeared on the scene. The secret is to never become despondent and sink into a negative frame of mind. *The secret is to keep everlastingly at it.* "He who continues on to the end will be saved." (Saved, liberated from bondage due to ignorance.)

I recall how, as a young boy, I felt the call to the ministry, but I did not know how to follow through. Over the years the guidance came . . . first a few books . . . then the meeting with Yoganandaji . . . then my years of discipline and study . . . followed by ordination at his hands. That was the beginning. The real work, the work of *living the life* all the way was yet to come.

Through the years I have discovered for myself what all the sages know . . . that the Truth is revealed to the one who is steady on the path and who never gives up! We can take the teachings of masters at face value . . . they know the way! What they advise is best! I am convinced that this path, as set forth in these lessons and in our books, is the most complete and fastest route to self-realization! As you know, there are many systems, but there is only one WAY. . . that is to awaken from materiality through quickened intuition . . . then to contemplate Reality. This results in Self-remembrance, as the Buddha stated.

On the spiritual path we are but remembering how it was in the very beginning.

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"This moment I rejoice in freedom! I remain unmoved by the "pictures" of the

world. My gaze is forever anchored to the Real Source. I see all manifestations in world and beyond, as expressions of One Divine Reality and I am at peace."

THE END OF THE WAY

Now, as far as this 24-lesson series goes, we have come to the end of the way. You have been exposed to all of the essentials to make your journey on the path quick and smooth. If you have studied this material and our other books and have meditated and tried to "live the life" you now, no doubt, can see evidence of progress. This is as it should be and it will continue in the weeks, months and years to come.

All of the information in the world will not make us spiritual. Thousands of people are "loaded" with information, some valid and some incorrect, as a result of their years of avid reading . . . but they are not self-realized. They have not yet learned to live the true spiritual life.

Living — A Vital Experience

The Buddha advised, "Only he who lives the life shall know the doctrine." Jesus stated, "You shall know the Truth and the Truth shall make you free."

Here is the great secret, hid from the eyes of the

spiritually blind. As we live the life to the best of our ability and learn to know the Truth (the facts of life) we move with authority and freedom. The spiritual life is not the life of constantly "making something happen" or of "proving how much we know." The spiritual life is that wherein we are conscious that God, the Sole Reality, is expressing through and as all things . . . and we are content in this realization.

It is not in the plan for all of us to be teachers or writers. There is a place in the world for each of us, according to our talents and according to the needs of creation. The important thing is for us to find that which is uniquely ours and express fully in it. This makes for happiness and health . . . and natural prosperity. An enlightened person does not think in terms of "making" money or of creating a prosperous condition. An enlightened person is aware that Spirit . . . Life . . . Reality . . . out-pictures in his life on the screen of time and space as total fulfillment. This is the most natural thing in the world to happen.

Sometimes we see, or hear of, a person who is able to foretell the future, contact astral beings, heal through visualization and demonstrate control over matter and we are tempted to exclaim, "How spiritual that person must be!" It may be that such a person is spiritually awakened and, on the other hand, it may well be, as is the case so often, that such a person is, to put it bluntly, "emotionally distorted." All people who manifest a psychic ability are not to be considered as authoritative spiritual advisors. We must look more deeply into a person's life before we can draw the right conclusion.

So, since this is a time of summing up . . . think about it . . . are you doing the best you can to live the true spiritual life?

Are you living in the moment in faith? Are you fully conscious of your true nature as God expressing? Are you free of ego? Are you working for the good of the world? Well, how about it? These questions need to be answered. (By you, to yourself.)

When you slip, regain your balance and begin anew with a cheerful heart and no regrets. Life is precarious enough without our adding self-punishment to the burden. Contentment is the mark of a self-realized person. Not an emotional driving, ecstatic happiness . . . but serene contentment and a knowledge of what life is all about.

Heaven Is Truly Within

As long as man looks outside of himself for a reason for internal happiness he is misdirected. On the other hand, upon discovering inner peace man finds that conditions in his world tend to reflect as harmony and right action, always. We will never be truly happy as long as we let externals determine our happiness because the one sure constant in the world is *change*. The forms of the world are forever being reshaped. Conditions are modified, people leave us, new associates come into our lives, the forces of nature act, subtle mind currents alter the world scene. "Unstable as a drop of water on a lotus leaf," the scriptures declare, "is the life of man in this world." So it is.

But there is an anchor that will keep us steady amidst the shifting scenes and that is our realization of God. My guru used to state emphatically, "A yogi who is self-realized stands unshaken amidst the crash of bursting worlds!" I do not think that we will have to worry about "bursting worlds" in our lifetime, but the affirmation is certainly descriptive! And, true.

The world is seeking peace and it is coming. True, lasting peace will be established in time because it is part of the Divine plan. But, we can hasten it by living in the consciousness of peace from this moment on. If only a few people in every community will live in the right spirit, there will be an unseen (but felt) current that will flow into the hearts and minds of men. It all begins with the individual and then extends throughout the world to the whole human family.

We are all the same at the core . . . we are all God in expression. Only the external covering, which is temporary, makes us seem different. So, from this moment let us treat all people with the utmost respect because as we treat them (and think of them) we treat ourselves. That which appears to be another person is really myself (from the transcendental point of view). God, through awakened and partially awakened individualizations of Itself works to awaken Itself as others who seem to be sleeping to the Truth.

A Great Force in the World

I can see a great force sweeping the world as like-minded people are becoming mobilized to take the message of liberation to all mankind! It is a vision of the trend of this new era! It is our destiny to help bring the ideal age into expression! Isn't this a thrilling opportunity? What part are you playing in it?

You see, it doesn't particularly take any great amount of talent to survive in this world. Almost any reasonable person can see to that. But, to look after the needs of the body is only a part-time project. After that, what do we do with our time, energy and ability? This is the great challenge. As we move ahead in the years to come, we will all have more leisure

time. What will we do with it? Well, we might get some idea by examining how we spend our leisure hours now.

We are not to try to change people against their will . . . we are to awaken them and this will be sufficient. Spiritual awakening is the great need of today. It is happening from within, as evidenced by the great numbers of people who are showing an interest in self-discovery. But, we can help the process by taking an active part. First, by living the life ourselves and then by sharing, as best we can, with others who are seeking.

Here is something to remember: Infinite Intelligence will accomplish Its purpose with or without your personal help, (or mine either, for that matter). But, we have an opportunity to participate in the master plan and it would be a shame to let it pass by. If one person does not take the initiative and does not respond to the inner call, then another one will be raised up as an instrument, conscious or unconscious, so that universal redemption is assured.

Why not be a willing instrument in the hands of God? Why not surrender self-will completely and yield to the impulse to function in the world as a savior to others? A person who is sufficiently awake in God will have compassion on others and desire to help them. Then, he will turn within for guidance and ask, "what can I do to help in the best way possible? What does the Infinite Intelligence want to do through me?" I hope, for your own sake and for the sake of the world that you will spend some time soon, contemplating these questions in the silence.

You are one of the more fortunate ones in the world. "Unto you it is given to know the mysteries of the kingdom of heaven." Now, you have a responsibility. Not

to me or to any organization . . . but to yourself and the world.

Are you feeling the impulse now to step free into the stream of grace that is forever flowing and work for the freedom of mankind? Are You? How will you answer?

Studies in Truth is one of the more useful guides to the practice of metaphysical principles to come along in some time. The methods are person-tested and the philosophy is basic to all vital teachings. Roy Eugene Davis is a disciple of Paramahansa Yogananda and the author of several inspired books. In this current offering he presents a gu to plain living and high thinking, along with spec meditation instruction.

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